

# RCS Fitness Limited

Annual Report and Unaudited Financial Statements  
for the Year Ended 31 March 2021

Harbour Key Limited  
Midway House  
Herrick Way  
Staverton  
Cheltenham  
GL51 6TQ

# **RCS Fitness Limited**

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# **RCS Fitness Limited**

## **Company Information**

**Directors** Mr Robert Neil Aspinall  
Mr Simon Michael Thomas

**Registered office** Midway House  
Staverton Technology Park  
Staverton  
Cheltenham  
Gloucestershire  
GL51 6TQ

**Accountants** Harbour Key Limited  
Midway House  
Herrick Way  
Staverton  
Cheltenham  
GL51 6TQ

**RCS Fitness Limited**  
**(Registration number: 11824597)**  
**Balance Sheet as at 31 March 2021**

	Note	2021 £	2020 £
<b>Fixed assets</b>			
Intangible assets	<u>4</u>	30,000	37,500
Tangible assets	<u>5</u>	198,859	66,402
		<u>228,859</u>	<u>103,902</u>
<b>Current assets</b>			
Debtors	<u>6</u>	18,644	20,562
Cash at bank and in hand		31,186	122,036
		49,830	142,598
<b>Creditors:</b> Amounts falling due within one year	<u>7</u>	(81,966)	(50,998)
<b>Net current (liabilities)/assets</b>		<u>(32,136)</u>	<u>91,600</u>
<b>Total assets less current liabilities</b>		196,723	195,502
<b>Creditors:</b> Amounts falling due after more than one year	<u>7</u>	(95,000)	-
<b>Provisions for liabilities</b>		<u>(10,957)</u>	-
<b>Net assets</b>		<u>90,766</u>	<u>195,502</u>
<b>Capital and reserves</b>			
Called up share capital		200	200
Share premium reserve		224,870	224,870
Profit and loss account		<u>(134,304)</u>	<u>(29,568)</u>
Shareholders' funds		<u>90,766</u>	<u>195,502</u>

For the financial year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime and the option not to file the Profit and Loss Account has been taken.

**RCS Fitness Limited**

**(Registration number: 11824597)**  
**Balance Sheet as at 31 March 2021**

Approved and authorised by the Board on 27 October 2021 and signed on its behalf by:

.....  
Mr Robert Neil Aspinall  
Director

.....  
Mr Simon Michael Thomas  
Director

# **RCS Fitness Limited**

## **Notes to the Unaudited Financial Statements for the Year Ended 31 March 2021**

### **1 General information**

The company is a private company limited by share capital, incorporated in England and Wales.

The address of its registered office is:

Midway House  
Staverton Technology Park  
Staverton  
Cheltenham  
Gloucestershire  
GL51 6TQ

These financial statements were authorised for issue by the Board on 27 October 2021.

### **2 Accounting policies**

#### **Summary of significant accounting policies and key accounting estimates**

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### **Statement of compliance**

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A - 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

#### **Basis of preparation**

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

The presentational currency of the financial statements is British Pound £, being the functional currency of the primary economic environment in which the company operates. Monetary amounts in these financial statements are round to the nearest £.

#### **Revenue recognition**

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when the amount of revenue can be reliably measured, it is probable that future economic benefits will flow to the entity and specific criteria have been met for each of the company's activities.

#### **Government grants**

Government grants are recognised based on the accrual model and are measured at fair value of the asset received or receivable. Grants are classified as relating either to revenue or to assets. Grants relating to revenue are recognised in income over the period in which the related costs are recognised. Grants relating to assets are recognised over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income.

## **RCS Fitness Limited**

### **Notes to the Unaudited Financial Statements for the Year Ended 31 March 2021**

#### **Tax**

The tax expense for the period comprises deferred tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the reporting date in the countries where the company operates and generates taxable income.

Deferred tax is recognised in respect of all timing differences between taxable profits and profits reported in the financial statements.

Unrelieved tax losses and other deferred tax assets are recognised when it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference.

#### **Tangible assets**

Tangible assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

#### **Depreciation**

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Plant and machinery	25% straight line
Leasehold improvements	20% straight line

#### **Intangible assets**

Intangible assets are initially measured at cost. After initial recognition, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Franchise license are being amortised evenly over their estimated life of five years.

#### **Amortisation**

Amortisation is provided on intangible assets so as to write off the cost, less any estimated residual value, over their useful life as follows:

<b>Asset class</b>	<b>Amortisation method and rate</b>
Franchise costs	5 years straight line

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

## **RCS Fitness Limited**

### **Notes to the Unaudited Financial Statements for the Year Ended 31 March 2021**

#### **Trade debtors**

Trade debtors are amounts due from customers for goods sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

#### **Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

#### **Borrowings**

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Profit and Loss Account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

#### **Share capital**

Ordinary shares are classified as equity. Equity instruments are measured at the fair value of the cash or other resources received or receivable, net of the direct costs of issuing the equity instruments. If payment is deferred and the time value of money is material, the initial measurement is on a present value basis.

#### **Defined contribution pension obligation**

A defined contribution plan is a pension plan under which fixed contributions are paid into a pension fund and the company has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised as employee benefit expense when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.



## **RCS Fitness Limited**

### **Notes to the Unaudited Financial Statements for the Year Ended 31 March 2021**

#### **Financial instruments**

##### ***Classification***

Financial instruments are classified and accounted for according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities. Where shares are issued, any component that creates a financial liability of the company is presented as a liability on the Balance Sheet. The corresponding dividends relating to the liability component are charged as interest in the Profit and Loss Account.

##### ***Recognition and measurement***

All financial assets and liabilities are initially measured at transaction value (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financial transaction. If an arrangement constitutes a financial transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market value of interest for a similar debt instrument.

##### ***Impairment***

Asset, other than those measured at fair value, are assessed for indicators of impairment at each balance sheet date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss as described below.

A non financial asset is impaired where there is objective evidence that, as a result of one or more events that occurred after initial recognition, the estimated recoverable value of the asset has been reduced. The recoverable amount of an asset is the higher of its fair value less costs to sell and its value in use.

The recoverable amount of goodwill is derived from measurement of the present value of the future cash flows of the cash-generating units ("CGUs") of which the goodwill is a part. Any impairment in respect of a CGU is allocated first to the goodwill attached to that CGU, and then to other assets within that CGU on a pro-rata basis.

Where indicators exist for a decrease in impairment loss, the prior impairment loss is tested to determine reversal. An impairment loss is reversed on an individual impaired asset to the extent that the revised recoverable value does not lead to a revised carrying amount higher than the carrying value had no impairment been recognised. Where a reversal of impairment occurs in respect of a CGU, the reversal is applied first to the assets (other than goodwill) of the CGU on a pro-rata basis and then to any goodwill allocated to that CGU.

For financial assets carried at amortised cost, the amount of an impairment is the difference between the asset's carrying amount and the present value of estimated future cash flows, discounted at the financial asset's original effective interest rate.

For financial assets carried at cost less impairment, the impairment loss is the difference between the asset's carrying amount and the best estimate of the amount that would be received for the asset if it were to be sold at the reporting date.

Where indicators exist for a decrease in impairment loss, and the decrease can be related objectively to an event occurring after the impairment was recognised, the prior impairment is tested to determine reversal. An impairment loss is reversed on an individual impaired financial asset to the extent that the revised recoverable value does not lead to a revised carrying amount higher than the carrying value had no impairment been recognised.

## RCS Fitness Limited

### Notes to the Unaudited Financial Statements for the Year Ended 31 March 2021

#### 3 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 3 (2020 - 2).

#### 4 Intangible assets

	Franchise costs £	Total £
<b>Cost or valuation</b>		
At 1 April 2020	37,500	37,500
At 31 March 2021	37,500	37,500
<b>Amortisation</b>		
Amortisation charge	7,500	7,500
At 31 March 2021	7,500	7,500
<b>Carrying amount</b>		
At 31 March 2021	30,000	30,000
At 31 March 2020	37,500	37,500

#### 5 Tangible assets

	Leasehold improvements £	Plant and machinery £	Total £
<b>Cost or valuation</b>			
At 1 April 2020	-	66,402	66,402
Additions	134,594	9,055	143,649
At 31 March 2021	134,594	75,457	210,051
<b>Depreciation</b>			
Charge for the year	6,730	4,462	11,192
At 31 March 2021	6,730	4,462	11,192
<b>Carrying amount</b>			
At 31 March 2021	127,864	70,995	198,859
At 31 March 2020	-	66,402	66,402

# RCS Fitness Limited

## Notes to the Unaudited Financial Statements for the Year Ended 31 March 2021

### 6 Debtors

	2021 £	2020 £
Trade debtors	372	-
Prepayments	2,742	16,667
Other debtors	15,530	3,895
	<u>18,644</u>	<u>20,562</u>

### 7 Creditors

#### Creditors: amounts falling due within one year

	Note	2021 £	2020 £
<b>Due within one year</b>			
Bank loans and overdrafts	8	5,000	-
Other creditors	9	76,966	50,998
		<u>81,966</u>	<u>50,998</u>

#### Due after one year

Loans and borrowings	8	<u>95,000</u>	<u>-</u>
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#### Creditors: amounts falling due after more than one year

	Note	2021 £	2020 £
<b>Due after one year</b>			
Loans and borrowings	8	<u>95,000</u>	<u>-</u>

	2021 £	2020 £
<b>Due after more than five years</b>		
After more than five years by instalments	15,000	-
	<u></u>	<u></u>

### 8 Loans and borrowings

	2021 £	2020 £
<b>Non-current loans and borrowings</b>		
Bank borrowings	<u>95,000</u>	<u>-</u>

## **RCS Fitness Limited**

### **Notes to the Unaudited Financial Statements for the Year Ended 31 March 2021**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
<b>Current loans and borrowings</b>		
Bank borrowings	<u>5,000</u>	<u>-</u>

#### **9 Related party transactions**

##### **Transactions with directors**

At the balance sheet date, the company owed the directors £50,191 (2020: £50,191) . There are no repayment terms or interest charged on the outstanding amount.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.