



Companies House
— for the record —

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Annual Return



XNQ10Y09

Received for filing in Electronic Format on the: **14/03/2008**

Company Name: **ABERDEEN HEALTH AND FITNESS LIMITED**

Company Number: **SC216786**

Company Details

Period Ending: **02/03/2008**

Company Type: **PRIVATE COMPANY LIMITED BY SHARES**

Principal Business Activities:

SIC codes:

9262

*Registered Office
Address:*

**12-16 ALBYN PLACE
ABERDEEN
AB10 1PS**

*Register of
Members Address:*

*Register of Debenture
Holders Address:*

Details of Officers of the Company

Company Secretary 1:

Name: **RAEBURN CHRISTIE CLARK & WALLACE** *Address:* **12-16 ALBYN PLACE
ABERDEEN
AB10 1PS**

Director 1 :

Name: **JOHN SPENCER ATKINSON** *Address:* **27 SALISBURY TERRACE
ABERDEEN
ABERDEENSHIRE
AB10 6QG**

Date of Birth: **16/05/1950** *Nationality:* **BRITISH** *Occupation:* **ADMINISTRATOR**

Director 2 :

Name: **CHRISTOPHER RICHARD ATKINSON** *Address:* **27 SALISBURY TERRACE
ABERDEEN
ABERDEENSHIRE
AB10 6QG**

Date of Birth: **15/09/1975** *Nationality:* **BRITISH** *Occupation:* **PERSONAL FITNESS
TRAINER**

Share Capital

Issued Share Capital Details:

<i>Class of Share</i>	<i>Number of Shares issued</i>	<i>Aggregate Nominal value of issued Shares</i>
ORDINARY	1	GBP1
TOTALS	1	GBP1

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 02/03/2008 or that had ceased to be shareholders since the made up date of the previous Annual Return

Shareholding 1:

1 ORDINARY Shares held as at 02/03/2008

Name: **CHRISTOPHER RICHARD ATKINSON**
Address: **27 SALISBURY TERRACE
ABERDEEN
AB10 6QG**

Authorisation

Authoriser Designation: **secretary**

Date Authorised: **14/03/2008**

Authenticated: **Yes (SC)**