

REGISTERED NUMBER: SC216786 (Scotland)

Abbreviated Unaudited Accounts for the Year Ended 30 April 2011

for

ABERDEEN HEALTH & FITNESS LTD

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COMPANIES HOUSE

ABERDEEN HEALTH & FITNESS LTD

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ABERDEEN HEALTH & FITNESS LTD

Company Information for the Year Ended 30 April 2011

DIRECTORS:

John Spencer Atkinson
Christopher Richard Atkinson

SECRETARY:

Raeburn Christie Clark & Wallace

REGISTERED OFFICE:

12-16 Albyn Place
Aberdeen
Aberdeenshire
AB10 1PS

REGISTERED NUMBER:

SC216786 (Scotland)

ABERDEEN HEALTH & FITNESS LTD

Abbreviated Balance Sheet 30 April 2011

	Notes	2011 £	2010 £
CURRENT ASSETS			
Debtors		3,010	4,867
Cash at bank		6,987	5,997
		<u>9,997</u>	<u>10,864</u>
CREDITORS			
Amounts falling due within one year		9,996	6,095
		<u>1</u>	<u>4,769</u>
NET CURRENT ASSETS			
		<u>1</u>	<u>4,769</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1</u>	<u>4,769</u>
CAPITAL AND RESERVES			
Called up share capital	3	1	1
Profit and loss account		-	4,768
		<u>1</u>	<u>4,769</u>
SHAREHOLDERS' FUNDS		<u>1</u>	<u>4,769</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2011.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2011 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 12 January 2012 and were signed on its behalf by:



Christopher Richard Atkinson - Director

The notes form part of these abbreviated accounts

ABERDEEN HEALTH & FITNESS LTD

Notes to the Abbreviated Accounts for the Year Ended 30 April 2011

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

Turnover represents net invoiced sales of services, excluding value added tax.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 33% on cost

Deferred tax

Corporation tax is provided at amounts expected to be paid or recovered using the tax laws and rates that have been enacted, or substantively enacted, by the balance sheet date.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 May 2010 and 30 April 2011	2,444
DEPRECIATION	
At 1 May 2010 and 30 April 2011	2,444
NET BOOK VALUE	
At 30 April 2011	-
At 30 April 2010	-

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2011 £	2010 £
1	Ordinary	£1	1	1