



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



X26VNIMX

Received for filing in Electronic Format on the: **23/04/2013**

---

*Company Name:* **BODYWORK - PILATES LTD**

*Company Number:* **04420012**

*Date of this return:* **18/04/2013**

*SIC codes:* **93130**

*Company Type:* **Private company limited by shares**

*Situation of Registered Office:* **THE OLD CHAPEL 13, VICTORIA ROAD  
CHESTER  
UNITED KINGDOM  
CH2 2AX**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Person**  
*Full forename(s):* **MR NIGEL BROOKS**

*Surname:* **CONWAY**

*Former names:*

*Service Address:* **7 HEATHERDALE CLOSE  
STANSTY PARK GWERSYLLT  
WREXHAM  
CLWYD  
LL11 4SZ**

*Company Director*    **1**

*Type:*                      **Person**

*Full forename(s):*        **MRS HELEN ELIZABETH**

*Surname:*                **CONWAY**

*Former names:*

*Service Address:*        **7 HEATHERDALE CLOSE  
STANSTY PARK GWERSYLLT  
WREXHAM  
CLWYD  
LL11 4SZ**

*Country/State Usually Resident:*    **UNITED KINGDOM**

*Date of Birth:*    **15/02/1968**                      *Nationality:*    **BRITISH**

*Occupation:*    **COMAPNY DIRECTOR**

*Company Director* 2

*Type:* **Person**  
*Full forename(s):* **MR NIGEL BROOKS**

*Surname:* **CONWAY**

*Former names:*

*Service Address:* **7 HEATHERDALE CLOSE  
STANSTY PARK GWERSYLLT  
WREXHAM  
CLWYD  
LL11 4SZ**

*Country/State Usually Resident:* **UNITED KINGDOM**

*Date of Birth:* **01/07/1956** *Nationality:* **BRITISH**  
*Occupation:* **FITNESS INSTRUCTOR**

## Statement of Capital (Share Capital)

---

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>10</b>
		<i>Aggregate nominal value</i>	<b>10</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>10</b>
		<i>Amount unpaid per share</i>	<b>0</b>
<i>Prescribed particulars</i>			
<b>HELEN E CONWAY 8 SHARES NIGEL B CONWAY 2 SHARES</b>			

---

## Statement of Capital (Totals)

---

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>10</b>
		<i>Total aggregate nominal value</i>	<b>10</b>

---

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 18/04/2013 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for the company are shown below*

*Shareholding 1* : **2 ORDINARY shares held as at the date of this return**  
*Name:* **NIGEL BROOKS CONWAY**

*Shareholding 2* : **8 ORDINARY shares held as at the date of this return**  
*Name:* **HELEN ELIZABETH CONWAY**

---

### *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.