

REGISTERED NUMBER: 08015589 (England and Wales)

INSPIRING FITNESS LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2017

Phoenix Business Associates Limited
Chartered Certified Accountants
The Riding School House
Bulls Lane
Wishaw
Sutton Coldfield
West Midlands
B76 9QW

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for the year ended 31 January 2017

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INSPIRING FITNESS LIMITED
COMPANY INFORMATION
for the year ended 31 January 2017

DIRECTOR: J Hill

REGISTERED OFFICE: The Riding School House
Bulls Lane
Wishaw
Sutton Coldfield
West Midlands
B76 9QW

REGISTERED NUMBER: 08015589 (England and Wales)

ACCOUNTANTS: Phoenix Business Associates Limited
Chartered Certified Accountants
The Riding School House
Bulls Lane
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BALANCE SHEET
31 January 2017

	Notes	31/1/17 £	31/1/16 £
CURRENT ASSETS			
Debtors	3	-	1,574
Cash at bank and in hand		<u>1,174</u>	<u>64</u>
		1,174	1,638
CREDITORS			
Amounts falling due within one year	4	<u>2,839</u>	<u>3,432</u>
NET CURRENT LIABILITIES		(1,665)	(1,794)
TOTAL ASSETS LESS CURRENT LIABILITIES		(1,665)	(1,794)
CAPITAL AND RESERVES			
Called up share capital	5	1	1
Retained earnings	6	<u>(1,666)</u>	<u>(1,795)</u>
SHAREHOLDERS' FUNDS		(1,665)	(1,794)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2017.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2017 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and 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.
- (b)

The financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director on 14 June 2017 and were signed by:

J Hill - Director

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 January 2017

1. STATUTORY INFORMATION

Inspiring Fitness Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

As at the year-end date the company had net liabilities of £1,665 (2016 : £1,794). The director considers this to merely represent a cash flow timing issue and as such he considers the going concern basis of preparation to be appropriate.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Profit & loss account, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

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

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

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

3. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/1/17	31/1/16
	£	£
Prepayments	-	1,574

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/1/17	31/1/16
	£	£
Trade creditors	1,370	1,338
Directors' current accounts	1,469	2,094
	<u>2,839</u>	<u>3,432</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the year ended 31 January 2017

5. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31/1/17 £	31/1/16 £
1	Ordinary	£1	<u>1</u>	<u>1</u>

6. RESERVES

	Retained earnings £
At 1 February 2016	(1,795)
Profit for the year	<u>129</u>
At 31 January 2017	<u>(1,666)</u>

7. ULTIMATE CONTROLLING PARTY

The controlling party is J Hill.

8. FIRST YEAR ADOPTION

As stated in note 2, these are the company's first financial statements prepared in accordance with FRS 102, Section 1A.

As a result of adopting FRS 102, there have been no transition adjustments due to the measurement and recognition criteria of the accounting policies relevant to the entity remaining unchanged.

CHARTERED CERTIFIED ACCOUNTANTS' REPORT TO THE DIRECTOR
ON THE UNAUDITED FINANCIAL STATEMENTS OF
INSPIRING FITNESS LIMITED

The following reproduces the text of the report prepared for the director and members in respect of the company's annual unaudited financial statements. In accordance with the Companies Act 2006, the company is only required to file a Balance Sheet. Readers are cautioned that the Income Statement and certain other primary statements and the Report of the Director are not required to be filed with the Registrar of Companies.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Inspiring Fitness Limited for the year ended 31 January 2017 which comprise the Income Statement, Other Comprehensive Income, Balance Sheet, and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/rulebook>.

This report is made solely to the director of Inspiring Fitness Limited in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of Inspiring Fitness Limited and state those matters that we have agreed to state to the director of Inspiring Fitness Limited in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/factsheet163>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and its director for our work or for this report.

It is your duty to ensure that Inspiring Fitness Limited has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of Inspiring Fitness Limited. You consider that Inspiring Fitness Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of Inspiring Fitness Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Phoenix Business Associates Limited
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14 June 2017

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.