

Company Number: 692197

**Element Health Fitness Performance Limited**  
**Abridged Unaudited Financial Statements**  
**for the financial year ended 31 May 2025**

**Element Health Fitness Performance Limited**  
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**Element Health Fitness Performance Limited**  
**DIRECTOR AND OTHER INFORMATION**

<b>Director</b>	Darren Kenna
<b>Company Secretary</b>	Laura Kelly
<b>Company Number</b>	692197
<b>Registered Office and Business Address</b>	Unit 6 The Seapoint Building 44/45 Clontarf Road Clontarf Dublin 3
<b>Accountants</b>	Kenna Accounting & Finance Solutions Chartered Accountants & Statutory Audit Firm Unit 7 Block 8, Blanchardstown Corporate Park Blanchardstown D15 TD6C Ireland

**Element Health Fitness Performance Limited**  
**DIRECTOR'S RESPONSIBILITIES STATEMENT**  
for the financial year ended 31 May 2025

The director is responsible for preparing the Director's Report and the financial statements in accordance with applicable Irish law and regulations.


Irish company law requires the director to prepare financial statements for each financial year. Under that law, the director has elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard, issued by the Financial Reporting Council. Under company law, the director must not approve the financial statements unless he is satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the director is required to:

- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The director is responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable him to ensure that the financial statements and Director's Report comply with the Companies Act 2014. He is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the board

  
\_\_\_\_\_  
Darren Kenna  
Director

Date: 13.03.2026

**Element Health Fitness Performance Limited**  
**CHARTERED ACCOUNTANTS & STATUTORY AUDIT FIRM REPORT**  
**to the Director on the Compilation of the unaudited Abridged financial statements**  
**of Element Health Fitness Performance Limited**  
**for the financial year ended 31 May 2025**

In accordance with the engagement letter and in order to assist you to fulfil your duties under the Companies Act 2014, we have compiled for your approval the abridged financial statements of the company for the financial year ended 31 May 2025 as set out on pages 6 to 12 which comprise the Balance Sheet, the Statement of Changes in Equity and the related notes from the company's accounting records and information and explanations you have given to us.

As a practising member firm of the Institute of Chartered Accountants Ireland, we are subject to its ethical and other professional requirements which are detailed at <https://www.charteredaccountants.ie/Professional-Standards/Home>

This report is made solely to the director of Element Health Fitness Performance Limited, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Director that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. 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.

We have carried out this engagement in accordance with guidance issued by Chartered Accountants Ireland and have complied with the relevant ethical guidance laid down by Chartered Accountants Ireland relating to members undertaking the compilation of financial statements.

You have acknowledged on the Balance Sheet for the year ended 31 May 2025 your duty to ensure that Element Health Fitness Performance 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 Element Health Fitness Performance Limited. You consider that Element Health Fitness Performance Limited is exempt from the statutory audit requirement for the financial year.

We have not been instructed to carry out an audit or a review of the abridged financial statements of Element Health Fitness Performance Limited. For this reason, we have not verified the adequacy, 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 abridged financial statements.

*Kenna Accounting & Finance Solutions*

**KENNA ACCOUNTING & FINANCE SOLUTIONS**

Chartered Accountants & Statutory Audit Firm

Unit 7 Block 8,

Blanchardstown Corporate Park

Blanchardstown

D15 TD6C

Ireland

Date: 13.03.2026

**Element Health Fitness Performance Limited**  
**BALANCE SHEET**  
as at 31 May 2025

	Notes	2025 €	2024 €
<b>Fixed Assets</b>			
Tangible assets	6	22,933	28,277
<b>Current Assets</b>			
Stocks	7	2,000	1,700
Debtors	8	13,653	5,163
Cash and cash equivalents		20,887	5,323
		36,540	12,186
Creditors: amounts falling due within one year	9	(34,212)	(31,418)
<b>Net Current Assets/(Liabilities)</b>		<b>2,328</b>	<b>(19,232)</b>
<b>Total Assets less Current Liabilities</b>		<b>25,261</b>	<b>9,045</b>
<b>Creditors:</b> amounts falling due after more than one year	10	(5,500)	(11,500)
<b>Net Assets/(Liabilities)</b>		<b>19,761</b>	<b>(2,455)</b>
<b>Capital and Reserves</b>			
Called up share capital presented as equity	12	100	100
Retained earnings		19,661	(2,555)
<b>Equity attributable to owners of the company</b>		<b>19,761</b>	<b>(2,455)</b>

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

I as Director of Element Health Fitness Performance Limited, state that -

(a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,

(b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 are satisfied,

(c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 334(2),

(d) I acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare financial statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a financial year and to otherwise comply with the provisions of the Companies Act 2014 relating to financial statements so far as they are applicable to the company,

(e) the company has relied on the specified exemption contained in section 352 Companies Act 2014. The company has done so on the grounds that the company is entitled to the benefit of that exemption as a small company and the abridged financial statements have been properly prepared in accordance with section 353 Companies Act 2014 and the small companies' regime.

Approved by the board on 13.03.2026 and signed on its behalf by:

  
Darren Kenna  
Director

**Element Health Fitness Performance Limited**  
**STATEMENT OF CHANGES IN EQUITY**

as at 31 May 2025

	Called up share capital €	Retained earnings €	Total €
<b>At 1 June 2023</b>	100	(2,805)	(2,705)
Profit for the financial year	-	250	250
<b>At 31 May 2024</b>	100	(2,555)	(2,455)
Profit for the financial year	-	22,216	22,216
<b>At 31 May 2025</b>	<b>100</b>	<b>19,661</b>	<b>19,761</b>

# Element Health Fitness Performance Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 May 2025

### 1. General Information

Element Health Fitness Performance Limited is a company limited by shares incorporated and registered in Ireland. The registered number of the company is 692197. The registered office of the company is Unit 6 The Seapoint Building, 44/45 Clontarf Road, Clontarf, Dublin 3 which is also the principal place of business of the company. The principal activity is providing physical therapy and gym facilities. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

### 2. Summary of Significant Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

#### Statement of compliance

The financial statements of the company for the financial year ended 31 May 2025 have been prepared in accordance with the provisions of FRS 102 Section 1A (Small Entities) and the Companies Act 2014.

#### Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A, issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014 and Section 1A of FRS 102.

#### Turnover

Turnover comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

#### Tangible assets and depreciation

Tangible assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible assets, less their estimated residual value, over their expected useful lives as follows:

Fixtures, fittings and equipment	-	12.5% Straight line
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The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

#### Stocks

Stocks are valued at the lower of cost and net realisable value. Stocks are determined on a first-in first-out basis. Cost comprises expenditure incurred in the normal course of business in bringing stocks to their present location and condition. Full provision is made for obsolete and slow moving items. Net realisable value comprises actual or estimated selling price (net of trade discounts) less all further costs to completion or to be incurred in marketing and selling.

#### Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

#### Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and in hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the Balance Sheet bank overdrafts are shown within Creditors.

# Element Health Fitness Performance Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 May 2025

### Borrowing costs

Borrowing costs relating to the acquisition of assets are capitalised at the appropriate rate by adding them to the cost of assets being acquired. Investment income earned on the temporary investment of specific borrowings pending their expenditure on the assets is deducted from the borrowing costs eligible for capitalisation. All other borrowing costs are recognised in profit or loss in the period in which they are incurred.

### Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

### Employee benefits

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The company also operates a defined benefit pension scheme for its employees providing benefits based on final pensionable pay. The assets of this scheme are also held separately from those of the company, being invested with pension fund managers.

### Taxation and deferred taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial year and is calculated using the tax rates and laws that have been enacted or substantially enacted at 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 where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the Balance Sheet date.

### Government grants

Capital grants received and receivable are treated as deferred income and amortised to the Profit and Loss Account annually over the useful economic life of the asset to which it relates. Revenue grants are credited to the Profit and Loss Account when received.

### Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the Balance Sheet date. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Profit and Loss Account.

### Ordinary share capital

The ordinary share capital of the company is presented as equity.

## 3. Turnover

The turnover for the financial year is analysed as follows:

	2025	2024
	€	€
<b>By Category:</b>		
One to One Personal Training	85,228	60,337
Physical Therapy Consultation	13,731	32,058
Small Group Personal Training	278,090	192,584
Shop	6,186	6,878
Mother & Baby Group	174	699
	<u>383,409</u>	<u>292,556</u>

The whole of the company's turnover is attributable to its market in the Republic of Ireland and is derived from the principal activity of providing physical therapy and gym facilities.

**Element Health Fitness Performance Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**  
for the financial year ended 31 May 2025

<b>4. Operating profit</b>	<b>2025</b>	<b>2024</b>
	€	€
Operating profit is stated after charging/(crediting):		
Depreciation of tangible assets	5,344	5,344
Government grants received	(2,615)	-
	<u>2,729</u>	<u>5,344</u>
<b>5. Employees</b>		
The average monthly number of employees, including director, during the financial year was 6, (2024 - 6).		
	<b>2025</b>	<b>2024</b>
	Number	Number
Staff	6	6
	<u>6</u>	<u>6</u>
<b>6. Tangible assets</b>		
	<b>Fixtures, fittings and equipment</b>	<b>Total</b>
	€	€
<b>Cost</b>		
At 1 June 2024	42,750	42,750
	<u>42,750</u>	<u>42,750</u>
At 31 May 2025	42,750	42,750
	<u>42,750</u>	<u>42,750</u>
<b>Depreciation</b>		
At 1 June 2024	14,473	14,473
Charge for the financial year	5,344	5,344
	<u>19,817</u>	<u>19,817</u>
At 31 May 2025	19,817	19,817
	<u>19,817</u>	<u>19,817</u>
<b>Net book value</b>		
At 31 May 2025	22,933	22,933
	<u>22,933</u>	<u>22,933</u>
At 31 May 2024	28,277	28,277
	<u>28,277</u>	<u>28,277</u>
<b>7. Stocks</b>	<b>2025</b>	<b>2024</b>
	€	€
Finished goods and goods for resale	2,000	1,700
	<u>2,000</u>	<u>1,700</u>
The replacement cost of stock did not differ significantly from the figures shown.		
<b>8. Debtors</b>	<b>2025</b>	<b>2024</b>
	€	€
Trade debtors	7,402	411
Taxation	-	1
Prepayments	6,251	4,751
	<u>13,653</u>	<u>5,163</u>

**Element Health Fitness Performance Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**

for the financial year ended 31 May 2025

<b>9. Creditors</b>			<b>2025</b>	<b>2024</b>
<b>Amounts falling due within one year</b>			<b>€</b>	<b>€</b>
Trade creditors			15,166	16,462
Taxation			13,699	7,605
Director's current account (Note 15)			5,347	4,370
Accruals			-	2,981
			<u>34,212</u>	<u>31,418</u>
<b>10. Creditors</b>			<b>2025</b>	<b>2024</b>
<b>Amounts falling due after more than one year</b>			<b>€</b>	<b>€</b>
Other loans			5,500	11,500
			<u>5,500</u>	<u>11,500</u>
<b>11. Taxation</b>			<b>2025</b>	<b>2024</b>
			<b>€</b>	<b>€</b>
<b>Debtors:</b>				
Corporation tax			-	1
			<u>-</u>	<u>1</u>
<b>Creditors:</b>				
VAT			7,395	4,047
Corporation tax			2,796	-
PAYE			3,508	3,558
			<u>13,699</u>	<u>7,605</u>
<b>12. Share capital</b>			<b>2025</b>	<b>2024</b>
<b>Description</b>	<b>Number of shares</b>	<b>Value of units</b>	<b>€</b>	<b>€</b>
<b>Authorised</b>				
Ordinary Shares Class 1	100,000	€1.00 each	100,000	100,000
			<u>100,000</u>	<u>100,000</u>
<b>Allotted, called up and fully paid</b>				
Ordinary Shares Class 1	100	€1.00 each	100	100
			<u>100</u>	<u>100</u>
The director's and the secretary's interests in the shares of the company are as follows:-				
			<b>Number Held</b>	
<b>Name</b>	<b>Class of Shares</b>		<b>At</b>	
			<b>31/05/25</b>	<b>01/06/24</b>
Darren Kenna	Ordinary Shares Class 1		100	100
			<u>100</u>	<u>100</u>
<b>13. Income Statement</b>			<b>2025</b>	<b>2024</b>
			<b>€</b>	<b>€</b>
At 1 June 2024			(2,555)	(2,805)
Profit for the financial year			22,216	250
			<u>19,661</u>	<u>(2,555)</u>
At 31 May 2025			<u>19,661</u>	<u>(2,555)</u>

**Element Health Fitness Performance Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**  
for the financial year ended 31 May 2025

**14. Capital commitments**

The company had no material capital commitments at the financial year-ended 31 May 2025.

<b>15. Director's remuneration and transactions</b>	<b>2025</b>	<b>2024</b>
	€	€
Remuneration	68,492	69,809
Pension contributions	6,000	500
	<u>74,492</u>	<u>70,309</u>

The following amounts are repayable to the director:

	<b>2025</b>	<b>2024</b>
	€	€
Darren Kenna	<u>5,347</u>	<u>4,370</u>

**16. Post-Balance Sheet Events**

There have been no significant events affecting the company since the financial year-end.

**17. Approval of financial statements**

The financial statements were approved and authorised for issue by the board on 13.03.2025.