

**Fitness By Design Limited**  
**Abridged Unaudited Financial Statements**  
**for the financial year ended 31 March 2025**

**Fitness By Design Limited**  
**CONTENTS**

	<b>Page</b>
Directors and Other Information	3
Directors' Responsibilities Statement	4
Balance Sheet	5 - 6
Notes to the Financial Statements	7 - 11

**Fitness By Design Limited**  
**DIRECTORS AND OTHER INFORMATION**

<b>Directors</b>	Mr. Declan Wall Mr. Paul Quinn
<b>Company Secretary</b>	Mr. Declan Wall
<b>Company Number</b>	453962
<b>Registered Office</b>	Springfield House Mullinavat Co. Kilkenny
<b>Business Address</b>	Springfield House Mullinavat Co. Kilkenny
<b>Accountants</b>	Financial Clarity Chartered Accountants 4 Priory Court Dean Street Kilkenny
<b>Bankers</b>	Allied Irish Bank 36/37 Tullow Street Carlow

**Fitness By Design Limited**  
**DIRECTORS' RESPONSIBILITIES STATEMENT**  
for the financial year ended 31 March 2025

The directors made the following statement in respect of the unaudited financial statements:

**"General responsibilities**

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under that law, the directors have 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 directors must not approve the financial statements unless they are 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 directors are 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 directors are 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 them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014. They are 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.

**Directors' declaration on unaudited financial statements**

In relation to the financial statements which comprise the Balance Sheet and the related notes:

The directors approve these financial statements and confirm that they are responsible for them, including selecting the appropriate accounting policies, applying them consistently and making, on a reasonable and prudent basis, the judgements underlying them. They have been prepared on the going concern basis on the grounds that the company will continue in business.

The directors confirm that they have made available to Financial Clarity, (Chartered Accountants), all the company's accounting records and provided all the information, books and documents necessary for the compilation of the financial statements.

The directors confirm that to the best of their knowledge and belief, the accounting records reflect all the transactions of the company for the financial year ended 31 March 2025."

**Signed on behalf of the board**



**Mr. Declan Wall**  
Director

**22 December 2025**



**Mr. Paul Quinn**  
Director

**22 December 2025**

**Fitness By Design Limited****BALANCE SHEET**

as at 31 March 2025

	Notes	2025 €	2024 €
<b>Fixed Assets</b>			
Tangible assets	7	<u>12,695</u>	<u>7,772</u>
<b>Current Assets</b>			
Debtors	8	12,866	12,697
Cash and cash equivalents		<u>560</u>	<u>7,649</u>
		<u>13,426</u>	<u>20,346</u>
<b>Creditors: amounts falling due within one year</b>	9	<u>(5,319)</u>	<u>(14,277)</u>
<b>Net Current Assets</b>		<u>8,107</u>	<u>6,069</u>
<b>Total Assets less Current Liabilities</b>		<u>20,802</u>	<u>13,841</u>
<b>Capital and Reserves</b>			
Called up share capital presented as equity	11	100	100
Retained earnings	12	<u>20,702</u>	<u>13,741</u>
<b>Equity attributable to owners of the company</b>		<u>20,802</u>	<u>13,841</u>

## **Fitness By Design Limited**

### **BALANCE SHEET**

as at 31 March 2025

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.

We as Directors of Fitness By Design 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,

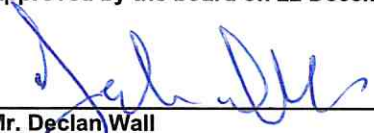
(b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 are satisfied,

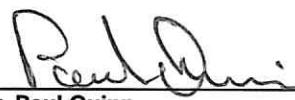
(c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 334(2),

(d) we 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 22 December 2025 and signed on its behalf by:**

  
\_\_\_\_\_  
Mr. Declan Wall  
Director

  
\_\_\_\_\_  
Mr. Paul Quinn  
Director

# Fitness By Design Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 31 March 2025

### 1. General Information

Fitness By Design Limited is a company limited by shares incorporated in Ireland. Springfield House, Mullinavat, Co. Kilkenny is the registered office, which is also the principal place of business of the company. The company registration number is 453962. The nature of the company's operations and its principal activities are set out in the Directors' Report. 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 year ended 31 March 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 is recognised to the extent that the company obtains the right to consideration in exchange for its performance. Turnover comprises the fair value of consideration received and receivable exclusive of value added tax and after discounts and rebates.

Where the consideration receivable in cash or cash equivalents is deferred, and the arrangement constitutes a financing transaction, the fair value of the consideration is measured as the present value of all future receipts using the imputed rate of interest.

Turnover from the provision of services is recognised in the accounting period in which the services are rendered and the outcome of the contract can be estimated reliably. The company uses the percentage of completion method based on the actual service performed as a percentage of the total services to be provided.

#### Tangible assets and depreciation

Tangible assets are stated at historical cost or deemed cost, less accumulated depreciation and impairment losses. Cost includes prime cost, overheads and interest incurred in financing the construction of tangible fixed assets. Capitalisation of interest ceases when the asset is brought into use.

Fixtures, Fittings & Equipment and Motor Vehicles are stated at cost less accumulated depreciation and accumulated impairment losses.

The company's policy is to review the remaining useful economic lives and residual values of plant, equipment and motor vehicles on an on-going basis and to adjust the depreciation charge to reflect the remaining estimated useful economic life and residual value.

Fully depreciated plant & equipment are retained in the cost of plant, equipment and motor vehicles and related accumulated depreciation until they are removed from service. In the case of disposals, assets and related depreciation are removed from the financial statements and the net amount, less proceeds from disposal, is charged or credited to the Profit & Loss Account.

The estimated useful economic lives assigned to Tangible fixed assets are as follows;

Fixtures, Fittings & Equipment	-	12.5% Straight line
--------------------------------	---	---------------------

Impairment

## **Fitness By Design Limited**

# **NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**

for the financial year ended 31 March 2025

Assets not carried at fair value are also reviewed for impairment whenever events or changes in circumstances indicate that the carrying amount may not be recoverable. An impairment loss is recognised for the amount by which the asset's carrying amount exceeds its recoverable amount.

The recoverable amount is the higher of an asset's fair value less costs to sell and value in use. Value in use is defined as the present value of the future pre-tax and interest cash flows obtainable as a result of the asset's continued use. The pre-tax and interest cash flows are discounted using a pre-tax discount rate that represents the current market risk free rate and the risks inherent in the asset. For the purposes of assessing impairment, assets are grouped at the lowest levels for which there are separately identifiable cash flows (cash-generating units).

If the recoverable amount of the asset (or asset's cash generating unit) is estimated to be lower than the carrying amount, the carrying amount is reduced to its recoverable amount. An impairment loss is recognised in the profit and loss account, unless the asset has been revalued when the amount is recognised in other comprehensive income to the extent of any previously recognised revaluation. Thereafter any excess is recognised in profit or loss.

If an impairment loss is subsequently reversed, the carrying amount of the asset (or asset's cash generating unit) is increased to the revised estimate of its recoverable amount, but only to the extent that the revised carrying amount does not exceed the carrying amount that would have been determined (net of depreciation) had no impairment loss been recognised in prior periods. A reversal of an impairment loss is recognised in the profit and loss account.

### **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.

### **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 provides a range of benefits to employees, including annual bonus arrangements and paid holiday arrangements.

#### **(i) Short Term Benefits**

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

### **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.

### **Ordinary share capital**

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

**Fitness By Design Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**  
for the financial year ended 31 March 2025

**3. Turnover**

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 Mobile Fitness Testing Service, Event Management & Kids Summer Camps

<b>4. Operating profit</b>	<b>2025</b>	<b>2024</b>
	€	€
<b>Operating profit is stated after charging:</b>		
Depreciation of tangible assets	<u>3,396</u>	<u>4,150</u>

<b>5. Interest payable and similar expenses</b>	<b>2025</b>	<b>2024</b>
	€	€
Interest	<u>668</u>	<u>556</u>

**6. Employees**

The average monthly number of employees, including directors, during the financial year was 2, (2024 - 2).

**7. Tangible assets**

	<b>Fixtures, Fittings &amp; Equipment</b>	<b>Total</b>
	€	€
<b>Cost</b>		
At 1 April 2024	88,945	88,945
Additions	8,319	8,319
Disposals	<u>(1,880)</u>	<u>(1,880)</u>
At 31 March 2025	<u>95,384</u>	<u>95,384</u>
<b>Depreciation</b>		
At 1 April 2024	81,173	81,173
Charge for the financial year	3,396	3,396
On disposals	<u>(1,880)</u>	<u>(1,880)</u>
At 31 March 2025	<u>82,689</u>	<u>82,689</u>
<b>Net book value</b>		
At 31 March 2025	<u><u>12,695</u></u>	<u><u>12,695</u></u>
At 31 March 2024	<u><u>7,772</u></u>	<u><u>7,772</u></u>

<b>8. Debtors</b>	<b>2025</b>	<b>2024</b>
	€	€
Trade debtors	12,866	10,148
Taxation	-	2,549
	<u>12,866</u>	<u>12,697</u>

**Fitness By Design Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**  
for the financial year ended 31 March 2025

<b>9. Creditors</b>			<b>2025</b>	<b>2024</b>
<b>Amounts falling due within one year</b>			€	€
Amounts owed to credit institutions			740	3,386
Trade creditors			-	1,927
Taxation			2,857	231
Directors' current accounts (Note 14)			222	7,283
Accruals			1,500	1,450
			<u>5,319</u>	<u>14,277</u>
<b>10. Taxation</b>			<b>2025</b>	<b>2024</b>
			€	€
<b>Debtors:</b>				
VAT			-	2,549
<b>Creditors:</b>				
VAT			1,395	-
Corporation tax			1,163	179
PAYE			299	52
			<u>2,857</u>	<u>231</u>
<b>11. Share capital</b>			<b>2025</b>	<b>2024</b>
			€	€
<b>Description</b>	<b>Number of shares</b>	<b>Value of units</b>		
<b>Authorised</b>				
€1.00 Ordinary Shares	100,000	€1.00 each	<u>100,000</u>	<u>100,000</u>
<b>Allotted, called up and fully paid</b>				
€1.00 Ordinary Shares	100	€1.00 each	<u>100</u>	<u>100</u>
The directors' and the secretary's interests in the shares of the company are as follows:-				
<b>Name</b>	<b>Class of Shares</b>		<b>Number Held At 31/03/25</b>	<b>01/04/24</b>
Mr. Declan Wall	€1.00 Ordinary Shares		50	50
Mr. Paul Quinn	€1.00 Ordinary Shares		50	50
			<u>100</u>	<u>100</u>
<b>12. Income Statement</b>			<b>2025</b>	<b>2024</b>
			€	€
At 1 April 2024			13,741	13,815
Profit/(loss) for the financial year			6,961	(74)
At 31 March 2025			<u>20,702</u>	<u>13,741</u>
<b>13. Capital commitments</b>				
The company had no material capital commitments at the financial year-ended 31 March 2025.				

**Fitness By Design Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**  
for the financial year ended 31 March 2025

<b>14. Directors' remuneration and transactions</b>	<b>2025</b>	<b>2024</b>
	€	€
Remuneration	<u>6,875</u>	<u>11,250</u>

The following amounts are repayable to the directors:

	<b>2025</b>	<b>2024</b>
	€	€
Mr. Declan Wall	2	6,174
Mr. Paul Quinn	<u>220</u>	<u>1,109</u>
	<u>222</u>	<u>7,283</u>

**15. Related party transactions**

The company employs on a part time basis Donal Quinn, father of company director Paul Quinn. During the year ended 31 March 2025 total gross pay to this connected party amounted to €Nil (Y.E 31.03.2024: €3,101).

**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 of directors on 22 December 2025.