

**Company Number: 546419**

**Core Health & Fitness Limited**  
**Abridged Unaudited Financial Statements**  
**for the financial year ended 30 June 2025**

# Core Health & Fitness Limited

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**Core Health & Fitness Limited**  
**DIRECTORS AND OTHER INFORMATION**

<b>Directors</b>	Mr. Ross Young Mr. Patrick Young
<b>Company Secretary</b>	Mr. Ross Young
<b>Company Number</b>	546419
<b>Registered Office and Business Address</b>	Kilkenny Road Durrow Co. Laois Ireland
<b>Accountants</b>	Ansell Ryan Young Mill Street Tullow Co. Carlow Ireland

**Core Health & Fitness Limited**  
**STATEMENT OF FINANCIAL POSITION**

as at 30 June 2025

	2025	2024
	€	€
Fixed Assets	3,825	3,825
Current assets	-	282
Creditors: amounts falling due within one year	(26,759)	(26,160)
<b>Net Current Liabilities</b>	<b>(26,759)</b>	<b>(25,878)</b>
<b>Total Assets less Current Liabilities</b>	<b>(22,934)</b>	<b>(22,053)</b>
Accruals and deferred income	(204)	(881)
<b>Net Liabilities</b>	<b>(23,138)</b>	<b>(22,934)</b>
<b>Capital and Reserves</b>	<b>(23,138)</b>	<b>(22,934)</b>

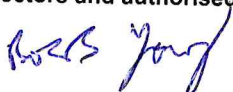
The financial statements have been prepared in accordance with the micro-companies' regime and FRS 105 "The Financial Reporting Standard applicable to the Micro-Entities Regime".

We as Directors of Core Health & Fitness 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 (as a micro company). 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 micro companies' regime.

Approved by the Directors and authorised for issue on 04/02/2026 and signed on its behalf by:

Mr. Ross Young  
 Director



Mr. Patrick Young  
 Director



# Core Health & Fitness Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

### 1. General Information

Core Health & Fitness Limited is a company limited by shares incorporated in Ireland

### 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.

#### Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 105 "The Financial Reporting Standard applicable to the Micro-Entities Regime" issued by the Financial Reporting Council.

The company qualifies as a micro company as defined by section 280D of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Micro Companies Regime' in accordance with section 280E of the Companies Act 2014 and FRS 105.

#### 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.

#### Trade and other debtors

Trade and other debtors are initially recognised at fair value.

#### Trade and other creditors

Trade and other creditors are initially recognised at fair value.

#### 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 Statement of Financial Position date.

#### Share capital of the company

##### Ordinary share capital

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

### 3. Appropriation of Income Statement

	2025	2024
	€	€
Loss brought forward	(23,034)	(20,028)
Loss for the financial year	(204)	(3,006)
<b>Loss carried forward</b>	<b>(23,238)</b>	<b>(23,034)</b>

### 4. Post-Balance Sheet Events

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

**Core Health & Fitness Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**  
for the financial year ended 30 June 2025

5. **Approval of financial statements**

The financial statements were approved and authorised for issue by the board of directors on 04/02/2026.