

Company Number: 499373

Shape Up, Tone Up, Lose Weight Limited
Unaudited Abridged Financial Statements
for the year ended 30 June 2025

Shape Up, Tone Up, Lose Weight Limited

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Shape Up, Tone Up, Lose Weight Limited

DIRECTORS AND OTHER INFORMATION

Directors	Barry Sheehan Laura Sheehan
Company Secretary	Barry Sheehan
Company Number	499373
Registered Office and Business Address	25 Pembroke Grove, Pembroke Woods, Passage West, Co Cork.
Accountants	Alamak Limited Forest Lane Ballyartle Woods, Riverstick, Co Cork

Shape Up, Tone Up, Lose Weight Limited

DIRECTORS' RESPONSIBILITIES STATEMENT

for the year ended 30 June 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 the 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 and 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 Profit and Loss Account, the Balance Sheet, the Reconciliation of Shareholders' Funds 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 Alamak Limited 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 year ended 30 June 2025."

Signed on behalf of the board

Barry Sheehan
Director

Date: 30th November 2025

Laura Sheehan
Director

Date: 30th November 2025.

Shape Up, Tone Up, Lose Weight Limited

BALANCE SHEET

as at 30 June 2025

	Notes	2025 €	2024 €
Fixed Assets			
Tangible assets		<u>11445</u>	<u>19139</u>
Current Assets			
Debtors		-	-
Stock		-	-
Cash and cash equivalents		<u>3803</u>	<u>3238</u>
		<u>3803</u>	<u>3238</u>
Creditors: Amounts falling due within one year	5	<u>(11089)</u>	<u>(12512)</u>
Net Current (Liabilities)/Assets		<u>(7286)</u>	<u>(9274)</u>
Total Assets less Current Liabilities		<u>4159</u>	<u>9865</u>
Creditors			
Amounts falling due after more than one year	5	<u>20001</u>	<u>25678</u>
Net (Liabilities)/Assets		<u>(15842)</u>	<u>(15813)</u>
Capital and Reserves			
Called up share capital presented as equity	7	<u>2</u>	<u>2</u>
Profit and Loss Account		<u>(15844)</u>	<u>(15815)</u>
Equity attributable to owners of the company		<u>(15842)</u>	<u>(12745)</u>

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 Shape Up, Tone Up, Lose Weight 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 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.

Approved by the board on 30 November 2025 and signed on its behalf by:

Barry Sheehan
Director
30th November 2025

Laura Sheehan
Director
30th November 2025

Shape Up, Tone Up, Lose Weight Limited
RECONCILIATION OF SHAREHOLDERS' FUNDS

as at 30 June 2025

	Share capital	Retained earnings	Total
	€	€	€
Profit for the year	-	(15815)	(15815)
	<u>2</u>	<u>-</u>	<u>2</u>
Net proceeds of equity ordinary share issue	2	-	2
	<u>2</u>	<u>(15815)</u>	<u>(15813)</u>
At 30 June 2024	<u>2</u>	<u>(15815)</u>	<u>(15813)</u>
Profit for the year	-	796	796
Corporation Tax Paid		(825)	(825)
	<u>2</u>	<u>(15844)</u>	<u>(15842)</u>
At 30 June 2025	<u><u>2</u></u>	<u><u>(15844)</u></u>	<u><u>(15842)</u></u>

Shape Up, Tone Up, Lose Weight Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the year ended 30 June 2025

1. GENERAL INFORMATION

Shape Up, Tone Up, Lose Weight Limited is a company limited by shares incorporated in the Republic of Ireland. 25 Pembroke Grove, Pembroke Woods, Passage West, Co. Cork, is the registered office, which is also the principal place of business of the company. 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. 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 30 June 2025 have been prepared on the going concern basis and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102).

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.

Turnover

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

Tangible fixed assets and depreciation

Tangible fixed 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 fixed assets, less their estimated residual value, over their expected useful lives as follows:

Office Equipment	- 20% 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 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.

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 offers its employees the option of joining its defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund.

Shape Up, Tone Up, Lose Weight Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

continued

for the year ended 30 June 2025

Taxation and deferred taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the 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.

Share capital of the company

Ordinary share capital

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

3. OPERATING (LOSS)/PROFIT	2025	2024
	€	€
Operating (loss)/profit is stated after charging:		
Depreciation of tangible fixed assets	7694	7696
	<u> </u>	<u> </u>

4. EMPLOYEES AND REMUNERATION

Number of employees

The average number of persons employed (including executive directors) during the year was as follows:

	2025	2024
	Number	Number
Service	1	2
	<u> </u>	<u> </u>

The staff costs (inclusive of directors' salaries) comprise:

	2025	2024
	€	€
Wages and salaries	20380	26251
	<u> </u>	<u> </u>

5. CREDITORS	2025	2024
	€	€

Included in creditors:

Amounts falling due within one year

Bank loans and overdrafts	-	-
Taxation (Note 6)	2423	4049
	<u> </u>	<u> </u>

Amounts falling due after more than one year

Loans	20001	25678
	<u> </u>	<u> </u>

Loans

Repayable in one year or less, or on demand	6432	6432
Repayable between one and two years	6432	6432
Repayable between two and five years	7137	12814
	<u> </u>	<u> </u>
	20001	25678
	<u> </u>	<u> </u>

Shape Up, Tone Up, Lose Weight Limited
NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

continued

for the year ended 30 June 2025

6. TAXATION		2025	2024
		€	€
Debtors:			
Trade Debtors		-	-
Creditors:			
Vat		2317	3930
PAYE		106	1119
Trade Creditors		-	-
		2423	4049

7. SHARE CAPITAL		2025	2024
		€	€
Description	Number of shares	Value of units	
Authorised			
Ordinary Shares Class 1	100,000	€1.00 each	100,000
Allotted, called up and fully paid			
Ordinary Shares Class 1	100	€1.00 each	1

The directors' and the secretary's interests in the shares of the company are as follows:-

Name	Class of Shares	Number Held At	
		30/6/2025	01/07/2024
Barry Sheehan	Ordinary Shares Class 1	1	1
Laura Sheehan	Ordinary Shares Class 1	1	1
		2	2

8. DIRECTORS' REMUNERATION AND TRANSACTIONS		2025	2024
		€	€
Remuneration		20380	26251

The following amounts are repayable to the directors:

		2025	2024
		€	€
Barry Sheehan		8666	8463

9. POST-BALANCE SHEET EVENTS

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

10. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the board of directors on 30th November 2025.

Shape Up, Tone Up, Lose Weight Limited

EXTRACT FROM DIRECTORS' REPORT

for the year ended 30 June 2025

Extract from the Directors' Report in accordance with Section 329 of the Companies Act 2014

The directors' and the secretary's interests in the shares of the company are as follows:-

Name	Class of Shares	Number Held At 30/06/2025	Number Held At 01/07/2024
Barry Sheehan	Ordinary Shares Class 1	1	1
Laura Sheehan	Ordinary Shares Class 1	1	1
		<hr/> 2 <hr/>	<hr/> 2 <hr/>

There were no changes in shareholdings between 30 June 2025 and the date of signing the financial statements.