

**Athletes and Strength Gym
Trading as**

BODYZONE GYM

Annual Report & Financial Statements

**For the period
1 September 2023
to 31 August 2024**

**Registered in Scotland as a
Scottish Charitable Incorporated Organisation
SC041395**

ATHLETES AND STRENGTH GYM

Scottish Charity no: SC041395

Trustees' Annual Report

For the Year Ended 31 August 2024

The trustees have pleasure in presenting their report together with the financial statements and the independent examiner's report for the year ended 31 August 2024.

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity name: Athletes and Strength Gym, trading as Bodyzone Gym

Charity no: SC041395

Address Unit 1, Friars Workshops
The Friars
Jedburgh
TD8 6BW

STRUCTURE GOVERNANCE & MANAGEMENT

Constitution

The Charity is a Scottish Charitable Incorporated Organisation (SCIO). It is governed by its constitution.

Appointment of Trustees

The Board, which normally meets on a monthly basis, are the charity's trustees. Membership of the Board is open to all members of the organisation. Trustees are elected at the Annual General Meeting which is normally held in January. Under the constitution, there must be a minimum of three and not more than nine elected trustees.

Management

The trustees are responsible for the strategic direction and governance of the Club, and together with other volunteers look after the day-to-day running of the Gym facilities.

The trustees are particularly aware of their responsibilities for Health and Safety. In addition to comprehensive insurance, our volunteers carry out regular safety checks on the equipment.

OBJECTIVES AND ACTIVITIES

Charitable purposes:

- (a) To improve the health, general well-being and fitness of people living in the Scottish Borders, without distinction of sex, sexuality, political, religious or other opinions.
- (b) To provide recreational facilities for use by members of the general public in the Scottish Borders with the object of improving their conditions of life.

Activities

The organisation provides a strength and fitness gym for public benefit in the town of Jedburgh, Scottish Borders, to promote health and well-being. The premises are leased from Scottish Borders Council. Gym members are given their own key and can train at any time of the day or night; this is welcomed by the large number of people who work shifts in the town.

Achievement and performance

The gym's biggest achievement in the last 12 months has been the fixing and replacement of the toilet pump this has led to a decrease in cost to the gym. The continued growth of our membership and gym usage, whilst keeping the fees at the same rate and costs to a minimum. The gym still strives to provide as much multipurpose gym equipment, so its members have equipment to meet their training needs and has done so by introducing smith attachments to the squat rack to provide more functionality and a better starting point for beginners.

██████████ provides the induction sessions for new members as a volunteer. The Induction sessions focus on the rules of the gym and ensuring that new members are comfortable training on their own (If ██████████ feels they are not confident in lifting and training by themselves then they are turned away from a membership).

FINANCIAL REVIEW

Our main source of income continues to be monthly fees charged to gym members for the use of the facilities. The membership fee remains at £0; the training fee of £20 is charged per month.

Receipts on the unrestricted fund were £15,615.00 for the year, an increase on the previous year – with an increase in membership and other local facilities closing.

Payments were £12,595.37 and included £3,195.40 for purchase of equipment and £5,126.63 spent on premises repairs (toilet) and cleaning. The year ended in a surplus of £3,019.63. The funds carried forward at the year-end were £16,081.40.

Reserves Policy

The trustees' policy is to maintain reserves at around 4 months of normal running costs in order to meet commitments and to cover any unexpected expenditure. Reserves at the end of the year were £2000, which is within the target range. As previously mentioned the potential toilet facility repair and spending of funds are being assessed prior to each equipment purchase.

PLANS FOR FUTURE PERIODS

The trustees intend to continue to develop the service that the Gym provides for the benefit of people in the community, replace and add equipment as funds allow us to do.

We will consistently ensure that any equipment purchased will enhance functionality and offer additional exercise options for members without eliminating existing choices.

The Gym are always looking for bigger premises but will always ensure the preservation of the gym as a club before taking on any increased costs that may have detrimental affects to or closure of the gym.

Approved by the trustees on 24/01/2025 and signed on their behalf by:

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ATHLETES AND STRENGTH GYM

Scottish Charity no: SC041395

STATEMENT OF RECEIPTS AND PAYMENTS 1 SEPTEMBER 2022 to 31 AUGUST 2023

				2024	2023
	Note	Unrestricted	Restricted	Total	Total
		£	£	£	£
RECEIPTS					
Voluntary receipts					
Donations		0.00	0.00	0.00	0.00
Grants		0.00	0.00	0.00	0.00
Electricity reimbursement		0.00	0.00	0.00	1,000.00
Key deposits		0.00	0.00	0.00	0.00
Receipts from charitable activities					
Gym training fees		15,615.00	0.00	15,615.00	13,425.00
Total Receipts		<u>15,615.00</u>	<u>0.00</u>	<u>15,615.00</u>	<u>13,425.00</u>
PAYMENTS					
Cost of fundraising		0.00	0.00	0.00	0.00
Cost of Charitable Activities	4	5,126.63	0.00	11,739.91	11,739.91
Governance Costs		0.00	0.00	0.00	0.00
Equipment purchase	5	3,195.40	0.00	4,240.70	4,240.70
Total Payments		<u>12,595.37</u>	<u>0.00</u>	<u>14,592.91</u>	<u>14,592.91</u>
Surplus/(Deficit) for the year		<u>£3,019.63</u>	<u>0.00</u>	<u>£3,019.63</u>	<u>(167.91)</u>

The Notes on page 7 form an integral part of these accounts

ATHLETES AND STRENGTH GYM

Scottish Charity no: SC041395

STATEMENT OF BALANCES

1 SEPTEMBER 2023 to 31 AUGUST 2024

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Funds Reconciliation				
Cash at bank and in hand 31.8.2023	13,061.77	0.00	13,061.77	13,229.68
Surplus/(Deficit) for the year	<u>£3,019.63</u>	<u>0.00</u>	<u>£3,019.63</u>	<u>(167.91)</u>
TOTAL	<u>£16,081.40</u>	<u>0.00</u>	<u>£16,081.40</u>	<u>13,061.77</u>
 Bank and Cash Balances				
Bank current account 31.8.2024	£16,081.40			13,061.77
Cash in hand	<u>0.00</u>			<u>0.00</u>
TOTAL	<u>£16,081.40</u>			<u>13,061.77</u>
 Other Assets (Unrestricted Fund)				
Gym Equipment (estimated value)	<u>30,000.00</u>			
 Liabilities (Unrestricted Fund)		<u>0.00</u>		

The Notes on page 8 form an integral part of these accounts.

Approved by the trustees on and signed on their behalf by:-

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ATHLETES AND STRENGTH GYM

Scottish Charity no: SC041395

Notes to the Accounts – For the Year Ended 31 August 2024

1 Basis of Accounting

These accounts have been prepared on the Receipts & Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2 Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain a single unrestricted fund for the day-to-day running of the Club.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes. No grants were received during the year.

3 Related Party Transactions

The Club's insurance policy includes Trustee Indemnity Insurance for all its trustees.

4 Cost of Charitable Activities

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
Rent for Gym premises	3,501.88	0.00	3,535.48	3,535.48
Council tax and water rates	0.00	0.00	0.00	0.00
Electricity	(12.00)*	0.00	222.00	222.00
Insurance	644.46	0.00	626.57	626.57
Premises maintenance, cleaning	5,126.63	0.00	4,627.89	4,627.89
Equipment repairs/upkeep	65.00	0.00	388.00	388.00
Stationery, printing, postage	0.00	0.00	263.03	263.03
Licences, Subscriptions	0.00	0.00	20.00	20.00
Admin fees	0.00	0.00	36.00	36.00
Volunteer clothing	0.00	0.00	305.64	305.64
Volunteer training	0.00	0.00	0.00	0.00
New Key cards	0.00	0.00	327.60	327.60
	9,399.97	0.00	11,739.91	11,739.91

*Due to an electric meter fault this figure has been considerably lower than expected – Electrical engineer due April 2025

5 Purchase of Equipment

Equipment was purchased at a total cost of **£3,195.40** (2023 - £4,240.70).

INDEPENDENT EXAMINER'S REPORT

For the Year Ended 31 August 2024

Independent Examiner's Report to the Trustees of Athletes and Strength Gym

I report on the financial statements of the charity for the year ended 31 August 2024, which are set out on pages 1 to 7.

Respective responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 (as amended) ("the 2006 Regulations"). The charity's trustees consider that the audit requirement of Regulation 10(1)(d) of the 2006 Regulations does not apply. It is my responsibility to examine the accounts as required under section (44)(1)(c) of the 2005 Act and to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination is carried out in accordance with Regulation 11 of the 2006 Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:-

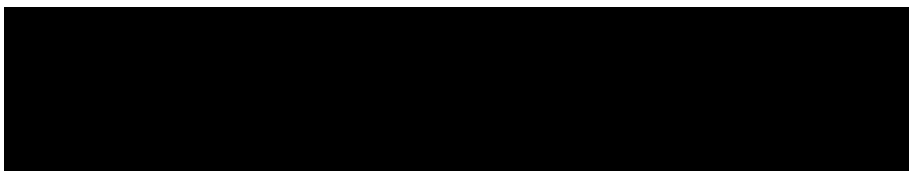
1) which gives me reasonable cause to believe that, in any material respect, the requirements:-

- to keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Regulations

have not been met, or

2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name



Independent Examiner's Report

I report on the accounts of the charity **Bodyzone**

for the year **2023-2024**

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the 2006 Accounts Regulations does not apply.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts as required under section 44(1) (c) of the Act.
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements:

- To keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations and
- To prepare accounts which accord with the accounting records, comply with Regulation 8 of the 2006 Accounts Regulations and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met
- Or, to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

