

FITNESS 4U

www.fitness4uonline.co.uk

GROUP EXERCISE CLASSES
(Aerobics, Zumba, On The Ball,
Dancercise, Body Conditioning)

ONE TO ONE PERSONAL TRAINING

SMALL GROUP FITNESS TRAINING

ONLINE PERSONAL TRAINING

KIDS/TEEN DANCE AND FITNESS

NUTRITION ADVICE

For more information contact
Emma (B.A (Hons) sac dip)
07725 194093

Sam Macleod

Consultancy Services for Small Businesses

RANGE OF SERVICES AVAILABLE:

General Book Keeping

Assistance, Advice, Training.

Systems Reviews

Examination of existing systems.

Flowcharting as required.

Identification of Key Controls.

Suggestions for improving systems.

VAT D.I.Y Builders Scheme

Claims completion service.

Self Assessment of Income Tax

Help in setting up appropriate records.

Assistance in completing Tax Returns.

Assistance with Tax correspondence.

Emergency Cover

Cashier/Bookkeeper services for short term cover.

VAT Returns

General assistance with VAT.

Completion of Returns. Checking Assessments.

Correspondence

Help in drafting letters / replies when dealing
with Revenue Departments.

Tel: **01469 530772**

Favell

Tel: **07967 435972**

01469 533855

Goxhill

MOBILE MECHANICS

- **Mobile service & repair**
- Auto diagnostics
- Domestic & commercial vehicles
- MOT preparation work
- All makes & models
- At home or at work
- Fully qualified & equipped