



Frederica Frances Pennington

903043482

Director Information

Title	Mrs	Honours	
Name	Frederica Frances Pennington	Number	903043482
Postcode	PR9 9EG	Address	Flat 3 7 Preston Road Southport Merseyside
Date of birth	November 1960	Nationality	British
Total current directorships	0		

List of Current Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
N/A*					

List of Previous Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
LADY LIFE HEALTH CLUBS UK LIMITED	04160328	Company is dissolved	14/02/2001	31/01/2003	Director
PROGRAM FINANCE LIMITED	04159074	Company is dissolved	13/02/2001	31/01/2003	Director
CITY LIFE FITNESS (AINSDALE) LIMITED	03317087	Company is dissolved	31/01/1999	01/03/1998	Company Secretary
CITY LIFE LEISURE LIMITED	03094607	Company is dissolved	01/09/1998	04/10/2002	Director
FOUR SEASONS HEALTH & FITNESS CLUB (HULL) LIMITED	03199006	Company is dissolved	29/12/1997	03/07/1998	Director
FOUR SEASONS HEALTH CLUB (1) LIMITED	03402432	Company is dissolved	29/12/1997	01/09/1998	Director
CITY LIFE FITNESS (AINSDALE) LIMITED	03317087	Company is dissolved	12/02/1997	31/01/1999	Director
CITY LIFE FITNESS CENTRES LIMITED	02729322	Company is dissolved	28/08/1992	31/01/2003	Director
CITY LIFE FITNESS CENTRES LIMITED	02729322	Company is dissolved	28/08/1992	31/03/1999	Company Secretary
PHYSIQUE NATURAL HEALTH AND FITNESS CLUB AINSDALE LIMITED	02001033	Company is dissolved	22/12/1991		Director
PHYSIQUE NATURAL HEALTH AND FITNESS CLUB AINSDALE LIMITED	02001033	Company is dissolved	22/12/1991		Company Secretary