

Gym and fitness center cleaning: what we clean

Tick each zone on the plan as you walk the club with us in a quiet hour.

Club _____ Address _____
 Walked by _____ Date _____

Locker rooms and showers

- ☐ Shower walls, pans and benches scrubbed
- ☐ Mildew-prone corners brushed out
- ☐ Hair pulled from drain grates
- ☐ Locker doors and handles wiped
- ☐ Sink counters and mirrors buffed
- ☐ Floor mopped and dried before anyone walks it barefoot
- ☐ Baby-changing tables, hand dryers, scales and coat hooks wiped

Restrooms

- ☐ Toilets, urinals, stall walls and sinks cleaned, then disinfected
- ☐ Tissue, towels and hand soap topped up
- ☐ Wet tile and puddles at pool-deck doors handled

Cardio and strength floor

- ☐ Treadmill rails, bike bars and saddles wiped
- ☐ Elliptical handles, rower grips and displays wiped
- ☐ Handles, seat cushions, back pads and weight-stack pins wiped
- ☐ Adjustment levers and uprights wiped
- ☐ Barbells, dumbbells, kettlebells and plate holders wiped
- ☐ Benches wiped with a product safe for upholstery

Floors and mats

- ☐ Rubber flooring vacuumed for chalk and grit, then damp-cleaned
- ☐ Sled lanes vacuumed
- ☐ Plyo boxes, foam rollers and medicine balls cleaned
- ☐ Martial arts and grappling mats wiped after the last class
- ☐ Lobby and corridor vinyl tile machine-scrubbed or stripped and refinished

Studios and front desk

- ☐ Mirror walls cleaned from base trim to top edge
- ☐ Bikes, barras, steps and reformers wiped
- ☐ Sound cabinets and cubbies dusted
- ☐ Studio doors, interior glass and storefront windows streak-free
- ☐ Scanners, counter, retail racks and waiting chairs wiped
- ☐ Walk-in mats vacuumed

Staff rooms and peak hours

- ☐ Staff room and office sinks, appliances and tables cleaned
- ☐ Office and coaching area trash emptied
- ☐ Evening porter: dispensers, cardio bins, locker tile

Notes
