Gym and fitness center cleaning: what we clean

Before the first member checks in, walk the club with this list and mark each zone.

Club _____ **Address** _____

Walked by _____ **Date** _____

Showers and locker rooms

- ☐ Shower walls, floors and niches scrubbed
- ☐ Drain covers cleared; grout lines detailed
- ☐ Locker faces, handles, keypads and benches wiped
- ☐ Vanity tops and basins wiped dry
- ☐ Toilets, urinals, partitions and flush handles disinfected
- ☐ Towel, soap and liner dispensers topped up
- ☐ Tile floors scrubbed, rinsed toward drains and left dry
- ☐ Sauna and steam doors, dryer counters and scale area

Workout floor equipment

- ☐ Cardio consoles, handlebars and saddles
- ☐ Rowing handles, cable bars and pin selectors
- ☐ Bench and seat pads
- ☐ Barbell and dumbbell grips; rack uprights
- ☐ Yoga and stretching mats cleaned on both faces

Gym flooring

- ☐ Rubber flooring vacuumed, then damp-cleaned with a neutral solution
- ☐ Turf vacuumed
- ☐ Hardwood studio floors dust-mopped and cleaned for their finish
- ☐ Cardio vinyl mopped

Studios and outdoor stations

- ☐ Mirror walls and glass streak-free
- ☐ Spin bikes and reformers where riders grip and sit
- ☐ Barres and step platforms
- ☐ Cubbies cleared of water bottles
- ☐ Benches and pads near the climbing wall cleared of chalk
- ☐ Outdoor benches, rigs and machine handles wiped

Lobby and staff rooms

- [ ] Front counter, scanners and retail shelves
- [ ] Juice bar surfaces and seating
- [ ] Entry glass and walk-off mats
- [ ] Staff break room, offices and coaching corner

Notes