

Gym and fitness center cleaning: what we clean

Walk the club floor by floor with this list and tick each line as you check it.

Club _____ Address _____
Walked by _____ Date _____

Locker rooms and showers

- ☐ Shower walls, doors or curtain rods and soap shelves
- ☐ Grab bars, and drains cleared of hair
- ☐ Soap film lifted from tile and grout
- ☐ Stalls rinsed and squeegeed dry
- ☐ Vanities, sinks, faucets, hair dryer stations and mirrors
- ☐ Locker doors, handles and bench tops
- ☐ Toilets, urinals and partitions
- ☐ Paper and soap refilled
- ☐ Wet tile finished dry

Lifting floor

- ☐ Platforms swept and damp-wiped
- ☐ Rack uprights, J-hooks and safety arms
- ☐ Plate trees and dumbbell rows
- ☐ Bench pads, frames and adjustment pins
- ☐ Cable machine grips and seats

Cardio and flooring

- ☐ Treadmill, bike, rower and climber consoles, rails and seats
- ☐ Floor around each unit cleared
- ☐ Turf vacuumed to lift grit
- ☐ Rubber tile wet cleaned
- ☐ Stretching corners damp-mopped
- ☐ Periodic machine scrubbing of rubber and hard floors

Studios

- ☐ Reformer carriages, footbars and straps
- ☐ Spin bike handlebars and saddles
- ☐ Mats and blocks wiped and stacked
- ☐ Mirror wall polished
- ☐ Studio glass doors and interior windows

Front desk and staff rooms

- ☐ Check-in counter and scanners
- ☐ Lobby chairs and any retail shelf
- ☐ Walk-off mats vacuumed
- ☐ Offices, break room and coaching office
- ☐ Desks, counters, microwaves, sinks and bins

Notes
