

Gym and fitness center cleaning: what we clean

Walk the club with this in hand and mark each room or zone once you have looked it over.

Club or studio _____ Address _____
Walked by _____ Date _____

Showers and locker rooms

- ☐ Shower walls and floors scrubbed
- ☐ Drains cleared of hair
- ☐ Soap scum worked out of tile and grout
- ☐ Fixtures dried against mineral spots
- ☐ Benches, locker faces, handles and vanity tops wiped
- ☐ Floors mopped and dried section by section

Restrooms and changing rooms

- ☐ Toilets, urinals, sinks and partitions cleaned and disinfected
- ☐ Mirrors polished
- ☐ Soap, paper and liners restocked
- ☐ Private changing rooms: hooks, benches and door hardware
- ☐ Family restrooms given a full reset

Equipment route

- ☐ Treadmill and elliptical consoles
- ☐ Bike seats and handlebars, rower handles
- ☐ Cable attachments and selector pins
- ☐ Seat pads, back pads and benches
- ☐ Barbell sleeves and dumbbell racks
- ☐ Kettlebells and medicine balls wiped and shelved

Workout floors

- ☐ Rubber flooring vacuumed of chalk and grit
- ☐ Damp mop with a pH-neutral cleaner
- ☐ Turf sled lanes vacuumed
- ☐ Cardio-area hard floors scrubbed

Studios

- ☐ Mirror walls and ballet barres
- ☐ Reformer frames and bike frames
- ☐ Studio floor ready for the first morning class
- ☐ Climbing matting, bouldering floor and benches

Front desk and back of house

- ☐ Check-in desk and scanners
- ☐ Retail or smoothie counter and lobby seating
- ☐ Glass doors and partitions cleared of handprints
- ☐ Entry mats vacuumed
- ☐ Staff rooms, offices and coaching area: counters, appliances, bins

Scheduled extras

- ☐ Machine scrubbing and burnishing on a set night
- ☐ Carpet cleaning for offices and lounges
- ☐ Porter for the after-work rush

Notes