Gym and fitness center cleaning: what we clean

Walk the club zone by zone and tick what goes on your checklist for the floor you run.

Club _____ **Address** _____

Walked by _____ **Date** _____

Showers and locker rooms

- [ ] Shower walls and floors scrubbed; soap scum cut from tile
- [ ] Drain covers lifted and cleared
- [ ] Shower doors and dividers wiped
- [ ] Benches, locker fronts, door pulls and vanities cleaned and dried
- [ ] Tile squeegeed dry at the end

Restrooms

- [ ] Toilets, urinals and sinks cleaned and disinfected
- [ ] Flush handles, faucet levers and stall latches done
- [ ] Mirrors polished
- [ ] Supplies restocked; waste out

Workout floor

- [ ] Treadmill rails and consoles wiped
- [ ] Bike and rower handles and cable attachments wiped
- [ ] Seat and back pads, pull-pins and bench tops disinfected
- [ ] Dumbbell, kettlebell and plate racks cleared of chalk
- [ ] Mats, foam rollers and medicine balls wiped and shelved
- [ ] Rubber flooring vacuumed, then damp-mopped with neutral cleaner
- [ ] Rack bases, under benches and behind cardio rows detailed

Studios

- [ ] Mirror walls wiped corner to corner
- [ ] Barres, spin bikes and reformer frames wiped
- [ ] Steps and hand weights cleaned and racked
- [ ] Studio floor cleaned to suit its finish
- [ ] Glass walls and studio windows streak-free

Front desk and staff rooms

- [ ] Counter, check-in tablets and retail displays cleaned
- [ ] Lobby chairs wiped; entry mats vacuumed
- [ ] Break room counter, sink, fridge and microwave wiped
- [ ] Manager's office desks dusted; trash emptied throughout

Scheduling and extras

- [ ] Zones rotated with signage for clubs that stay open
- [ ] Porter for the after-work rush and Saturday mornings
- [ ] Deeper hard floor and rubber scrubbing booked

Notes