

Gym and fitness center cleaning: what we clean

Tour the club with your manager and tick each room, floor and equipment area.

Club _____ Address _____
Walked by _____ Date _____

Locker rooms and showers

- ☐ Shower walls, floors, drains and fixtures scrubbed
- ☐ Grout lines along the shower floor
- ☐ Benches, lockers and locker handles
- ☐ Vanity counters, hair-dryer stations and mirrors
- ☐ Sinks and toilets top to bottom
- ☐ Wet tile dried at the entries
- ☐ Hand-towel, soap and tissue dispensers topped up
- ☐ Side restrooms and family changing rooms on the same routine

Workout floor

- ☐ Rubber tiles and rolled rubber vacuumed, then damp-mopped
- ☐ Turf lanes and platform edges
- ☐ Beneath benches and racks

Equipment touchpoints

- ☐ Treadmill and bike consoles and handlebars
- ☐ Cable handles and adjustment pins
- ☐ Bench pads, machine seats and back rests
- ☐ Dumbbell racks and kettlebell shelves
- ☐ Foam rollers and stretching mats
- ☐ Member wipe stations refilled
- ☐ Disinfectant left on for the maker's full contact time

Group studios

- ☐ Wood or sprung floors dust-mopped
- ☐ Bikes wiped from seat to flywheel guard
- ☐ Full-length mirrors polished streak-free
- ☐ Walls where mats and props are stored

Front desk and staff rooms

- ☐ Check-in counter and card scanners
- ☐ Retail shelves and lobby seating
- ☐ Handprints cleared from entry glass
- ☐ Staff offices, break room and coaching room, papers left as arranged

Timing and extras

- ☐ One locker room finished before the next is started
- ☐ Workout floor cleaned in sections at quiet hours
- ☐ Peak-hour porter: restrooms stocked, towels and bottles cleared
- ☐ Lobby and studio hard floors scrubbed or refinished on a closed night

Notes
