Gym and fitness center cleaning: what we clean

Walk the club at a quiet hour and tick each zone the route should work through.

Club _____ **Address** _____

Walked by _____ **Date** _____

Showers and locker rooms

- ☐ Shower walls and floors scrubbed of soap film
- ☐ Hair cleared from shower drains
- ☐ Grout lines brushed
- ☐ Benches, locker doors and vanity tops
- ☐ Hand-dryer housings wiped
- ☐ Tile squeegeed and left dry

Restrooms

- ☐ Toilets, urinals, sinks and partitions cleaned and disinfected
- ☐ Mirrors free of water spots
- ☐ Paper, soap and seat cover dispensers refilled
- ☐ Trash and sanitary bins emptied and relined
- ☐ Floor drains rinsed

Machines and free weights

- ☐ Grips, seat pads, back rests and cable handles
- ☐ Pin selectors and treadmill rails
- ☐ Cardio touchscreens with electronics-safe product
- ☐ Dumbbell handles, kettlebells and plate edges
- ☐ Racks cleared of chalk

Workout floor

- ☐ Rubber flooring vacuumed before wet work
- ☐ pH-neutral clean, left to air dry
- ☐ Turf strips vacuumed and spot-cleaned
- ☐ Stretching mats wiped on both sides
- ☐ Hard-floor zones damp-mopped

Studios and glass

- [ ] Mirror walls edge to edge
- [ ] Bikes and reformers on every touched surface
- [ ] Barres and props
- [ ] Studio floor finished to suit its surface
- [ ] Glass doors and interior windows

Front desk and staff rooms

- [ ] Counter, check-in scanner and retail shelves
- [ ] Lobby chairs and entry mats
- [ ] Staff kitchen counters, microwave and fridge handles
- [ ] Offices and coaching corner, bins emptied

Notes