Gym and fitness center cleaning: what we clean

Walk the club with your manager at a slow hour and tick each line on this sheet.

Club _____ **Address** _____

Walked by _____ **Date** _____

Showers and locker rooms

- ☐ Shower stall walls and floors scrubbed
- ☐ Drain covers lifted and cleared
- ☐ Tile rinsed free of film
- ☐ Locker doors, handles, benches and cubbies wiped
- ☐ Hair counter wiped and buffed dry
- ☐ Toilets, sinks and partitions cleaned and disinfected
- ☐ Paper and hand soap dispensers topped up
- ☐ Grit swept before mopping, floor left dry

Equipment floor

- ☐ Treadmill rails, bike bars and saddles cleaned
- ☐ Rower handles, cable grips and bench pads cleaned
- ☐ Cardio touch screens wiped
- ☐ Chalk and grime off free weights and kettlebells
- ☐ Weight racks and trees wiped

Rubber and hard floors

- ☐ Rubber matting vacuumed of sand first
- ☐ Damp clean with a rubber-safe neutral product
- ☐ Edges worked tight to rack feet and machine bases
- ☐ Foam rollers and stretch mats wiped and aired
- ☐ Vinyl or tile by the cardio rows mopped or scrubbed

Studios

- ☐ Mirrors cleaned top to bottom
- ☐ Reformer frames, bikes and barres wiped
- ☐ Props stacked to dry
- ☐ Studio floor cleaned to suit its surface
- ☐ Crash pads and wall bases at a bouldering gym

Front desk and back office

- [ ] Counter, card scanner and merchandise shelf wiped
- [ ] Lobby chairs wiped
- [ ] Walk-off mats vacuumed
- [ ] Glass walls and entry doors polished
- [ ] Break room, office and coaching space cleaned

Scheduling notes

- [ ] Open clubs cleaned area by area, one locker side at a time
- [ ] Day porter booked for busy summer stretches
- [ ] Machine scrubbing of hard floors on the floor care calendar

Notes