

Gym and fitness center cleaning: what we clean

Walk the club at a quiet hour with your manager and tick each zone on the route.

Gym _____ Address _____
Walked by _____ Date _____

Training floor and equipment

- ☐ Rig uprights and bar grips, chalk cleared
- ☐ Plate horns, dumbbell and kettlebell handles
- ☐ Bench pads and cable station knobs
- ☐ Base of each rack cleared of dust and tape
- ☐ Spin bike bars, saddles, knobs and frames
- ☐ Treadmill and rower consoles and grips
- ☐ Plyo boxes, med balls and rollers back on racks

Floors under the equipment

- ☐ Rubber vacuumed of chalk, then damp-mopped
- ☐ Rubber left dry before the first session
- ☐ Turf sled lanes vacuumed
- ☐ Hall and studio VCT on the floor care calendar

Locker rooms and showers

- ☐ Shower walls scrubbed down to the drain covers
- ☐ Grout lines and corners brushed
- ☐ Benches, locker doors and vanity tops washed
- ☐ Toilets, urinals, partitions and sinks disinfected
- ☐ Dispensers refilled
- ☐ Hair cleared from drains and dryer stations
- ☐ Floors left dry

Studios and mat rooms

- ☐ Wood or vinyl studio floor matched to finish
- ☐ Barres, reformer frames and straps
- ☐ Mirror wall edge to edge
- ☐ Shared mats wiped on both sides
- ☐ Puzzle mats and tatami seams disinfected
- ☐ Chalk dust around climbing walls vacuumed

Front desk and staff rooms

- ☐ Check-in counter, scanners and card readers
- ☐ Retail shelves and lobby seating
- ☐ Smoothie or supplement bar
- ☐ Entry glass, push bars and mats
- ☐ Staff break room, coaches' and manager's offices
- ☐ Kids' club toys, tables and floor

Notes
