Gym and fitness center cleaning: what we clean

Take this sheet around the club and mark each area for the night crew or porter.

Club _____ **Address** _____

Walked by _____ **Date** _____

Equipment floor

- ☐ Cardio consoles, handlebars, seats and grips
- ☐ Touchscreens with maker-approved products
- ☐ Strength pads, pins and handles
- ☐ Free weights, racks, benches and kettlebells
- ☐ Mats, foam rollers and stretching areas
- ☐ Mirrors, bottle fillers and towel stations
- ☐ Surfaces cleaned before disinfectant, left wet for label time

Locker rooms and showers

- ☐ Showers scrubbed wall to drain
- ☐ Tile and grout lines worked
- ☐ Benches, locker handles and vanities
- ☐ Hair-dryer stations and sinks
- ☐ Wet tile mopped with a suitable product
- ☐ Paper, soap and liners restocked
- ☐ Saunas and steam rooms where present
- ☐ Drains flushed and vents dusted

Floors by type

- ☐ Rubber under racks cleaned with a neutral cleaner
- ☐ Turf sled lanes vacuumed and spot-cleaned
- ☐ Studio floors dust-mopped and damp-cleaned
- ☐ Locker room tile deep-scrubbed on a cycle
- ☐ Lobby and corridor vinyl strip-and-refinish

Front desk and member spaces

- ☐ Check-in desk, kiosks and lounge seating
- ☐ Juice bar counters, blender station and sink
- ☐ Entry glass and mats
- ☐ Retail shelves and merchandise counter
- ☐ Studio mirrors, ballet bars and sound controls
- ☐ Childcare room, offices and staff break room

Peak-hour porter

- [ ] Equipment wiped between waves
- [ ] Towel and wipe stations restocked
- [ ] Locker rooms refreshed after the evening rush
- [ ] Bins emptied before they overflow

Notes