

Gym and fitness club cleaning: what we clean

Walk the club with your manager and tick each zone, shower aisle to stretch corner.

Club _____ Address _____
Walked by _____ Date _____

Locker rooms and showers

- ☐ Shower walls, floors and drains scrubbed
- ☐ Film on tile worked off
- ☐ Benches and locker doors wiped end to end
- ☐ Vanities, blow-dryer counter and scale
- ☐ Toilets, sinks and stall walls
- ☐ Paper and soap topped up
- ☐ Floor mopped and dried

Training floor

- ☐ Treadmill and elliptical consoles
- ☐ Cable handles, seat and back pads
- ☐ Bench tops and frames
- ☐ Dumbbell handles on the rack
- ☐ Mats wiped front and back
- ☐ Kettlebells and medicine balls
- ☐ Chalk brushed off weight-plate storage

Floors

- ☐ Rubber flooring vacuumed, then damp-cleaned
- ☐ Edges along racks and machine feet
- ☐ Turf lanes vacuumed
- ☐ Hard floors mopped
- ☐ Lobby and studio floors machine scrubbed on a slow night

Studios

- ☐ Mirror walls polished
- ☐ Barres and reformer frames wiped
- ☐ Bikes cleaned saddle to bars
- ☐ Blocks and straps back on their shelves
- ☐ Glass doors and inside windows
- ☐ Chalk vacuumed under the climbing wall

Front desk and staff rooms

- ☐ Check-in desk and card readers
- ☐ Retail display and lobby seating
- ☐ Entry mats
- ☐ Staff offices and coaching desks
- ☐ Break room counters, microwave, tables and bins

Notes
