Gym and fitness center: what we clean

Take this through the club on a walkthrough and mark each zone the visits should reach.

Club _____ **Address** _____

Walked by _____ **Date** _____

Locker rooms and showers

- ☐ Shower walls, floors and drains scrubbed
- ☐ Soap film worked off tile and grout
- ☐ Benches, locker doors, handles and vanity tops wiped dry
- ☐ Toilets, urinals, sinks and partitions cleaned and disinfected
- ☐ Mirrors polished without streaks
- ☐ Soap, towel and tissue dispensers topped off
- ☐ Standing water pushed to the drains, tile left dry
- ☐ Hair dryers, scales and changing tables wiped

Machines, racks and mats

- ☐ Grips, handlebars and pin selectors wiped and disinfected
- ☐ Seat pads, back pads and cardio screens
- ☐ Dumbbell handles, plate trees and barbell racks
- ☐ Benches done top and underside
- ☐ Yoga and stretching mats cleaned on both faces, stacked dry

Workout floors

- ☐ Rubber flooring vacuumed, then damp-cleaned with a pH-neutral product
- ☐ Extra attention at the feet of racks and machines
- ☐ Turf sprint lanes vacuumed
- ☐ Hard floors in the cardio rows damp-mopped

Group studios

- ☐ Mirror walls cleaned edge to edge
- ☐ Bikes wiped from saddle to handlebars
- ☐ Barres and reformer frames wiped
- ☐ Cubbies dusted
- ☐ Studio floor cleaned to suit its surface

Front desk and staff rooms

- [ ] Check-in counter, scanners and retail shelf
- [ ] Lobby seating
- [ ] Entry glass and doors free of fingerprints
- [ ] Walk-off mats vacuumed
- [ ] Staff break room counters, sinks, appliances and bins
- [ ] Manager offices and coaching areas

Add-ons

- [ ] Day porter through the after-work rush
- [ ] Hard-floor machine scrubbing through floor care
- [ ] Extra disinfection and sanitizing

Notes