

Gym and fitness center cleaning: what we clean

Walk the club at a quiet hour and tick each zone and surface for the plan.

Club or studio _____ Address _____
Walked by _____ Date _____

Locker rooms and showers

- ☐ Shower walls, floors and drains scrubbed
- ☐ Soap residue cleared from tile and grout
- ☐ Benches wiped end to end
- ☐ Locker fronts, handles and vanity counters
- ☐ Hair dryers, scales and baby-changing stations
- ☐ Wet floors squeegeed and finished dry

Restrooms

- ☐ Toilets, urinals, sinks and partitions
- ☐ Mirrors polished
- ☐ Paper, soap and liners refilled

Workout floor and equipment

- ☐ Handles, grips, seat and back pads
- ☐ Adjustment pins and cardio consoles
- ☐ Dumbbell racks and plate trees cleared of chalk
- ☐ Benches: top, sides and legs
- ☐ Stretching mats and the floor beneath
- ☐ Rubber flooring vacuumed, then wet-cleaned
- ☐ Rack and machine bases
- ☐ Turf lanes vacuumed

Studios and glass

- ☐ Mirror walls top to bottom
- ☐ Barres, bikes and step platforms
- ☐ Sound-system shelves dusted
- ☐ Glass partitions, entry doors and interior windows

Front desk and staff areas

- ☐ Check-in counters and scanners
- ☐ Retail displays and lobby seating
- ☐ Entry mats vacuumed
- ☐ Staff break rooms, offices and coaching areas

Schedule

- ☐ Visit window: overnight, pre-opening or after last class
- ☐ Zone order for clubs that stay open
- ☐ Porter hours for the after-work rush
- ☐ Deep restroom cycle: weekly or monthly
- ☐ Machine scrubbing nights through floor care

Notes
