

## Gym and fitness center cleaning: what we clean

Carry this sheet on a quiet-hour walk of the club and tick each zone you want covered.

Club \_\_\_\_\_ Address \_\_\_\_\_  
 Walked by \_\_\_\_\_ Date \_\_\_\_\_

### Locker rooms and showers

- ☐ Shower walls and floors brushed down into the grout
- ☐ Soap and shampoo film rinsed off fixtures and niches
- ☐ Shower drains cleared
- ☐ Benches, locker faces and locker handles wiped
- ☐ Small shelves where members set phones
- ☐ Vanity tops left dry, no water spots
- ☐ Scales, hair dryer cradles and changing tables

### Restrooms

- ☐ Fixtures, partitions and door pulls cleaned and disinfected
- ☐ Paper towels, soap and liners refilled from our stock or your storeroom
- ☐ Tile floor scrubbed, squeegeed toward the drain and dried
- ☐ Grout and drains scheduled for restroom deep cleaning

### Cardio and strength floor

- ☐ Treadmill and bike consoles
- ☐ Rowing handles, elliptical grips and the frames under them
- ☐ Machine seats, pads, pull handles and weight pins
- ☐ Free weights, kettlebells and medicine balls free of chalk
- ☐ Racks that hold the weights wiped of residue
- ☐ Rubber flooring vacuumed, then mopped with a rubber-safe neutral cleaner
- ☐ Along rack bases and beneath benches
- ☐ Turf lanes vacuumed, stretching area mopped
- ☐ Mats wiped on both sides and set out to dry

### Group studios

- ☐ Mirror walls polished from top to bottom
- ☐ Barres and cycling handlebars
- ☐ Shelves of blocks and straps dusted
- ☐ Studio floor cleaned to match its finish
- ☐ Glass doors and interior windows without streaks

### Front desk and staff side

- ☐ Front desk and check-in tablet
- ☐ Retail displays and waiting chairs
- ☐ Entry mats vacuumed
- ☐ Staff room counters, appliances, tables and bins
- ☐ Offices tidied and bins emptied

### Timing and extras

- ☐ Full clean once the last member leaves
- ☐ Late-class studios done as soon as the room empties
- ☐ Clubs that never close: one zone or half a locker room at a time
- ☐ Day porter at peak hours for restocking and dry locker floors
- ☐ Lobby tile added to the floor care schedule

### Notes

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