Gym and fitness club: what we clean

Tick each line before the morning crowd, from the front door through to the studios.

Club _____ **Address** _____

Walked by _____ **Date** _____

Entry and front desk

- ☐ Entry mats vacuumed and lifted, floor beneath cleaned
- ☐ Door glass and push bars wiped
- ☐ Lobby cleaned from the threshold inward
- ☐ Check-in counter, scanner and retail display wiped
- ☐ Lace-up bench cleaned
- ☐ Staff offices and break room counters, sinks and bins done

Locker rooms and showers

- ☐ Shower walls and floors scrubbed, drains cleared of hair
- ☐ Soap film removed from tile and glass doors
- ☐ Benches, locker faces and handles wiped
- ☐ Vanity tops, dryer counters and scale wiped
- ☐ Toilets, urinals, sinks and stall dividers disinfected
- ☐ Dispensers refilled, floors squeegeed toward drains

Workout floor

- ☐ Grips, handlebars, pads and selector pins wiped
- ☐ Cardio screens wiped
- ☐ Plate trees and dumbbell racks cleared of chalk
- ☐ Benches cleaned on every side
- ☐ Rubber flooring vacuumed, then wet-cleaned with a pH-neutral mix
- ☐ Turf lanes vacuumed, corners behind racks hand-detailed

Studios and glass

- ☐ Mirror walls cleaned top to bottom
- ☐ Barres, bikes, reformers and blocks wiped
- ☐ Speaker shelves and sills dusted
- ☐ Interior glass partitions and studio doors cleaned
- ☐ Street-facing windows cleaned on the inside
- ☐ Drinking fountains and bottle fillers polished

Peak-hour porter

- ☐ Restroom dispensers refilled
- ☐ Busiest machines wiped
- ☐ Locker room tile kept dry

Notes