

Gym and fitness center cleaning: what we clean

Tour the club with your manager and mark zones for the overnight clean and porter hours.

Club _____ Address _____

Walked by _____ Date _____

Cardio and strength equipment

- ☐ Handles, grips, consoles and seat pads
- ☐ Adjustment pins on treadmills, rowers and bikes
- ☐ Dumbbell and kettlebell handles, bench pads
- ☐ Barbell sleeves, cable attachments and storage racks
- ☐ Screens wiped with a damp cloth, never sprayed
- ☐ Free-weight mirrors polished
- ☐ Mats, foam rollers and medicine balls returned to place

Locker rooms and showers

- ☐ Shower walls, grout lines, drains and heads scrubbed
- ☐ Walls squeegeed at the end
- ☐ Locker fronts and handles
- ☐ Sinks, counters and mirrors
- ☐ Towel bins emptied
- ☐ Wet floors mopped with neutral cleaner and rinsed
- ☐ Floor drains flushed

Workout floors

- ☐ Rubber tile vacuumed, then damp-mopped
- ☐ Hardwood court dust-mopped with a court-safe product
- ☐ Studio floors done between last and first class
- ☐ Lobby vinyl scrubbed or stripped and refinished

Front desk, studios and extras

- ☐ Check-in counter, scanners and retail shelves
- ☐ Smoothie bar wiped
- ☐ Entry glass and door pulls
- ☐ Spin bike frames, handlebars and seats
- ☐ Studio stage dusted, cables left alone
- ☐ Sauna and steam room benches on your schedule
- ☐ Kids' club toys, mats and furniture

Porter during peak hours

- ☐ Wipe stations restocked
- ☐ Trash near the cardio rows emptied
- ☐ Locker room checked

Notes
