Gym and fitness studio cleaning: what we clean

Walk the club at a quiet hour and check each room and surface for the route.

Club _____ **Address** _____

Walked by _____ **Date** _____

Locker rooms and showers

- ☐ Shower walls and pans scrubbed
- ☐ Hair pulled from drains
- ☐ Soap scum off tile and grout
- ☐ Shower valves, dispensers, doors or curtains
- ☐ Benches, locker handles, hair dryers and scale wiped
- ☐ Tile squeegeed and dried at the end of each visit

Restrooms

- ☐ Toilets, urinals, sinks and stall partitions
- ☐ Mirrors and vanities polished
- ☐ Towels, soap and liners refilled; bins emptied

Workout floor

- ☐ Treadmill, elliptical and rower consoles and buttons
- ☐ Cable grips, pull-up bars and handles
- ☐ Seat and back pads; weight pins
- ☐ Dumbbells and kettlebells by hand; chalk off racks
- ☐ Benches on every side
- ☐ Rubber flooring vacuumed, then damp-mopped
- ☐ Edges under racks and around machine bases
- ☐ Turf lanes vacuumed; yoga mats wiped

Studios

- ☐ Mirror wall cleaned top to bottom
- ☐ Bikes, barres, steps and plyo boxes wiped
- ☐ Speakers and shelves dusted
- ☐ Studio floor cleaned for its surface

Front desk, glass and staff rooms

- ☐ Entry and studio glass streak-free
- ☐ Check-in counter, scanners and retail case
- ☐ Lobby seating
- ☐ Staff room, manager's office and coaching desks

Scheduling

- [ ] Clean after close and finish before the first arrival
- [ ] Open-all-night clubs cleaned in zones, with signs posted
- [ ] Day porter through the after-work rush
- [ ] Cardio-area vinyl or tile scrubbed and burnished

Notes