Gym and fitness studio cleaning: what we clean

Walk the club with your manager at a quiet hour and mark each room and zone.

Club _____ **Address** _____

Walked by _____ **Date** _____

Showers and locker rooms

- ☐ Shower walls scrubbed down to the drain
- ☐ Soap film lifted from tile and grout
- ☐ Hair cleared from drain covers
- ☐ Benches, locker doors and handles wiped dry
- ☐ Vanity tops wiped and dried
- ☐ Tile floors scrubbed and squeegeed, doorways too

Restrooms

- ☐ Toilets, urinals, sinks and stall partitions
- ☐ Towels, tissue, soap and can liners from our stock or yours

Training floor

- ☐ Cardio consoles, handlebars and seats
- ☐ Strength machine grips, pads, pins and adjustment knobs
- ☐ Benches cleaned on every side
- ☐ Chalk and hand residue off dumbbells, plates and racks
- ☐ Rubber flooring vacuumed, then washed with a rubber-safe cleaner
- ☐ Stretching mats wiped and stacked, turf strips vacuumed
- ☐ Dust cleared from beneath machines

Studios and glass

- ☐ Mirror walls cleaned edge to edge
- ☐ Barres, bikes, steps and storage cubbies wiped
- ☐ Studio floor cleaned to suit its surface
- ☐ Glass doors, interior windows and floor partitions polished

Front desk and staff rooms

- ☐ Check-in counter and scanners
- ☐ Retail shelves, lobby chairs and the water station
- ☐ Entry mats vacuumed
- ☐ Break rooms, offices and coaching rooms: counters, appliances, tables

Schedule and extras

- ☐ Overnight or early-morning pass before the first regulars
- ☐ Clubs that stay open cleaned zone by zone behind signage
- ☐ Day porter for the after-work rush
- ☐ Cardio and studio hard floors scrubbed or burnished periodically

Notes