

GYM CLEANING CHECKLIST

Gym equipment requires regular maintenance to keep it working properly. Use this checklist for regular safety checks and good record keeping help you protect your clients from injury when they're using your equipment, and also protect you from liability in the event of an incident where someone is injured at your facility.

DAILY CLEANING TASKS

Maintain a clean and inviting gym environment by performing these essential daily tasks in the entrance and lobby area, ensuring hygiene and a welcoming atmosphere for all members.

Entrance and Lobby Area:

- Sweep and mop all hard floors.
- Vacuum any carpeted areas.
- Wipe down door handles, counters, and other high-touch surfaces.
- Empty trash bins and replace liners.
- Clean glass doors and windows.

Locker Rooms and Restrooms:

- Clean and disinfect sinks, toilets, and urinals.
- Wipe down counters and mirrors.
- Refill soap dispensers, paper towels, and toilet paper.
- Sweep and mop floors.
- Disinfect locker handles and benches.

Gym Floor and Equipment:

- Wipe down all gym equipment with disinfectant.
- Sweep and mop the gym floor.
- Clean and disinfect mats.
- Empty trash bins and replace liners.
- Check and refill sanitizing stations.

Group Fitness Rooms:

- Sweep and mop floors.
- Wipe down all equipment, including mats, weights, and audio equipment.
- Empty trash bins and replace liners.

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WEEKLY CLEANING TASKS

Ensure deeper cleanliness and maintenance by completing these weekly tasks in the entrance and lobby area, keeping the space fresh, organized, and well-presented for all gym members.

Entrance and Lobby Area:

Deep clean floors with a scrubber.
Clean and disinfect furniture and seating areas.

Gym Floor and Equipment:

Deep clean all gym equipment.
Vacuum any carpeted areas.
Dust and wipe down lighting fixtures and vents.

Locker Rooms and Restrooms:

Deep clean and disinfect all surfaces.
Wash and sanitize shower areas.
Clean and disinfect lockers inside and out.

Group Fitness Rooms:

Sweep and mop floors.
Wipe down all equipment, including mats, weights, and audio equipment.
Empty trash bins and replace liners.

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MONTHLY CLEANING TASKS

Perform these extensive tasks once a month to maintain the highest standards of cleanliness and upkeep your gym.

Entrance and Lobby Area:

- Shampoo carpets and deep clean hard floors.
- Clean and polish all glass surfaces.

Gym Floor and Equipment:

- Inspect and clean HVAC systems.
- Conduct a deep clean and maintenance check on all machines and equipment.

Locker Rooms and Restrooms:

- Conduct a thorough inspection for mold and mildew; clean as needed.
- Clean and disinfect behind and underneath all fixtures.

Group Fitness Rooms:

- Deep clean floors and mirrors.
- Wash and sanitize any fabric items such as yoga mats and straps.