**Gym Cleaning Checklist**

## **Daily Tasks**

#### **Entrance & Lobby**

* Sweep and mop floors..
* Wipe down check-in counters and seating areas
* Clean glass doors and windows.
* Sanitize door handles, railings, and light switches.
* Empty and sanitize trash and recycling bins.

#### **Workout Areas**

* Wipe down machines, benches, and weights after each use.
* Sanitize high-touch areas: buttons, grips, screens, mats.
* Vacuum floors or mop rubber flooring.
* Organize equipment and replace misplaced items.
* Empty trash bins and replace liners.

#### **Locker Rooms**

* Disinfect showers, benches, and lockers..
* Clean sinks, toilets, and urinals.
* Refill soap, toilet paper, and paper towels.
* Mop floors with disinfectant.
* Sanitize light switches, handles, and dryer buttons.

#### **Group Fitness Rooms**

* Wipe down equipment (e.g., yoga mats, dumbbells).
* Clean mirrors and studio floors.
* Sanitize barres and hand weights.
* Organize props and accessories.

#### **Water Stations & Vending Areas**

* Sanitize nozzles and touch panels.
* Refill water and restock vending machine supplies (if needed).
* Clean and disinfect surrounding surfaces.

## **Weekly Tasks**

* Deep clean cardio and strength equipment.
* Dust vents, ledges, and baseboards.
* Wash all mirrors and windows inside.
* Vacuum upholstery in lounge or seating areas.
* Mop under movable equipment.

## **Monthly Tasks**

* Deep clean and degrease locker room tiles and grout.
* Polish stainless steel equipment and fixtures.
* Disinfect air vents and HVAC returns.
* Clean light fixtures and replace bulbs.
* Deep clean mats and large equipment pads.