

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.

