

GYM CLEANING CHECKLIST

Welcoming Entrances

- ☐ Dust furnishings & fixtures
- ☐ Clean floor mats and remove tripping hazards
- ☐ Clean windows, shine doors, polish fixtures

Inviting Workout Areas

- ☐ Clean wall mirrors
- ☐ Dust light fixtures
- ☐ Keep windows streak-free

Clean, Safe Equipment

- ☐ Clean & sanitize touch-points on equipment
- ☐ Use maintenance checklist for inspections

Fresh Gym Mats

- ☐ Sweep exercise areas
- ☐ Trade out mats after each use
- ☐ Clean & disinfect mats

Well Kept Floors

- ☐ Sweep, mop and vacuum all floors
- ☐ Look for flooring problems & potential hazards

Sanitary Locker Rooms

- ☐ Empty trash
- ☐ Clear floors of debris
- ☐ Polish windows and mirrors
- ☐ Sanitize benches, locker doors & touchpoints
- ☐ Schedule complete cleaning at least once a day

Sparkling Showers

- ☐ Clean shower walls, curtains, doors & fixtures
- ☐ Check problem areas for mold
- ☐ Seal grout to discourage fungal growth

Disinfected Bathrooms

- ☐ Empty trash, fill dispensers
- ☐ Polish & disinfect all fixtures
- ☐ Check under sinks & behind toilets for issues

Clean Office Spaces

- ☐ Vacuum carpets, floors swept
- ☐ Surfaces dusted, fixtures polished, clean windows

Germ-free Touchpoints

- ☐ Sanitize all touch-points (keyboards, controls, etc.)

Gym Cleaning Checklist

Rhonda Hetzel

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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