# 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 mirrorsDust 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**

SJ Ball



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