Gym & Fitness Center

Checklist for workout areas, locker rooms, pool decks, and group fitness studios.

A gym is the one facility where members watch the cleaning happen, and where sweat, shared equipment and wet floors make hygiene visible. This checklist puts equipment disinfection and the locker rooms first and gives the studios and reception their own short lists.

Site _____ Date _____ Cleaner _____

Workout Floor

- [ ] Wipe and disinfect all equipment surfaces
- [ ] Vacuum or mop flooring
- [ ] Refill sanitizer spray stations
- [ ] Clean mirrors
- [ ] Empty all trash bins

Locker Rooms & Showers

- [ ] Clean and disinfect showers, benches, and lockers
- [ ] Mop floors with disinfectant
- [ ] Refill soap, shampoo, and towel stations
- [ ] Clean mirrors and sinks
- [ ] Empty all trash and towel bins

Group Fitness Studio

- [ ] Mop or vacuum studio floor
- [ ] Wipe mirrors and barre
- [ ] Disinfect equipment (mats, balls, bands)
- [ ] Empty trash