

Daily Cleaning Checklist for Gyms

Maintaining a clean and safe environment is essential for any gym, and a **daily cleaning checklist** ensures all equipment and facilities are thoroughly sanitized. This systematic approach helps prevent the spread of germs and enhances member satisfaction. By following the checklist, gyms uphold hygiene standards and promote a healthy workout space.

Entrance & Lobby

- Wipe down door handles and entrance glass.
- Disinfect check-in counters and kiosks.
- Sanitize seating and waiting areas.
- Empty trash bins and replace liners.
- Vacuum or mop floors.

Workout Areas

- Wipe and sanitize all cardio and strength equipment (handles, seats, screens, and pads).
- Sanitize free weights, dumbbells, and racks.
- Clean mats and stretching areas.
- Sweep and mop floors, especially high-traffic zones.

Locker Rooms & Restrooms

- Disinfect sinks, countertops, faucets, and soap dispensers.
- Sanitize toilets, urinals, and partitions.
- Wipe down lockers, handles, and benches.
- Refill paper products and soap as needed.
- Mop floors and empty trash bins.

Group Fitness Studios

- Wipe down mirrors and any touch points.
- Sanitize equipment such as weights, mats, and bikes.
- Sweep and mop studio floors.

Other Areas

- Sanitize water fountains or bottle fill stations.
- Disinfect vending machines and shared electronics.
- Check and clean staff rooms and offices.

Note: Ensure cleaning supplies are fully stocked and all staff are trained in proper sanitization procedures. Document completion daily for quality assurance.