🏋️ Fitness Center Cleaning Checklist

🗓️ Daily Tasks

☐ Empty all trash bins and replace liners
☐ Disinfect gym equipment (machines, benches, free weights)
☐ Wipe down cardio machines (treadmills, ellipticals, bikes)
☐ Clean and disinfect locker handles, benches, and surfaces
☐ Sanitize door handles, light switches, and high-touch areas
☐ Mop all hard floors and entryways
☐ Vacuum carpeted areas (if applicable)
☐ Clean mirrors and windows
☐ Refill hand sanitizer and disinfectant spray stations
☐ Disinfect reception desk and check-in area

🗓️ Weekly Tasks

☐ Deep clean locker rooms, including lockers, walls, and floors
☐ Sanitize water fountains and bottle refill stations
☐ Clean air vents and ceiling fans
☐ Wipe down baseboards and behind equipment
☐ Launder all towels (if provided by the facility)
☐ Dust shelves, ledges, and equipment tops
☐ Check and clean underneath gym equipment

🗓️ Monthly Tasks

☐ Inspect and deep clean HVAC vents and filters
☐ Deep clean windows inside and out

☐ Strip and wax floors (if needed)
☐ Check lighting and replace burnt-out bulbs
☐ Inspect all equipment for wear, damage, or maintenance needs
☐ Clean behind and underneath lockers and cubbies

🧽 Restocking & Supply Check

☐ Refill soap and paper towels in restrooms
☐ Refill toilet paper in all stalls
☐ Refill hand sanitizer and disinfectant sprays
☐ Replace air fresheners
☐ Restock gloves, cleaning cloths, and mop heads
☐ Check inventory of cleaning products and reorder as needed