

Gym Cleaning Checklist

A fitness facility inspection for cleaning companies and gym operators: front desk, cardio and strength floors, studios, locker rooms and back of house

Site _____ Date _____ Inspector _____

Entrance and Front Desk

	Pass	Fail	N/A
Entry glass and door push plates free of hand marks on both faces	☐	☐	☐
Entry mat vacuumed and lifted, no grit or water trapped underneath	☐	☐	☐
Front desk counter, card scanner and check-in screen wiped	☐	☐	☐
Retail shelf and supplement display dusted, no sticky residue from sample cups	☐	☐	☐
Water fountain and bottle filler basin descaled, no film at the spout or around the drain	☐	☐	☐
Lost and found contained in its bin, nothing left on benches or the floor	☐	☐	☐

Cardio Floor

	Pass	Fail	N/A
Treadmill side rails, handrails and consoles wiped, no dried sweat on the grips	☐	☐	☐
Floor behind and beside each treadmill vacuumed, belt dust and lint removed	☐	☐	☐
Bike seats, handlebars and resistance knobs wiped	☐	☐	☐
Rower seats, rails and handles wiped, rail free of grit	☐	☐	☐
Console screens and buttons wiped with a product safe for the display	☐	☐	☐
Power cords and outlets behind the machines free of dust and lint build-up	☐	☐	☐
Wipe and towel stations stocked, spray bottles labelled and not empty	☐	☐	☐

Strength and Free Weights

	Pass	Fail	N/A
Dumbbell handles, knurling and rack saddles wiped	☐	☐	☐
Barbells and plate edges free of chalk build-up and rust bloom	☐	☐	☐
Bench pads wiped on top and sides, torn vinyl reported rather than left	☐	☐	☐

Cable machine handles, selector pins and attachments wiped	☐	☐	☐
Rubber flooring swept and damp mopped, no chalk tracked off the platform	☐	☐	☐
Mirrors streak-free when checked at an angle from the bench	☐	☐	☐
Weights racked in their marked positions, nothing left on the floor as a trip hazard	☐	☐	☐

Studios and Stretch Areas

	Pass	Fail	N/A
Mats wiped on both sides and hung or stacked to dry	☐	☐	☐
Foam rollers, blocks, straps and kettlebells wiped	☐	☐	☐
Studio floor clean to the wall line, no sweat marks along the mirror base	☐	☐	☐
Instructor microphone, sound system controls and bike console wiped	☐	☐	☐
Stretch area mats and benches wiped, no hair left on the surface	☐	☐	☐

Locker Rooms and Showers

	Pass	Fail	N/A
Shower floors, walls and grout free of soap scum, hair and pink or black mould in the corners	☐	☐	☐
Shower drains cleared of hair, water running away without pooling	☐	☐	☐
Toilets, urinals and the floor seam around each fixture clean, no odour in the stall	☐	☐	☐
Sinks, counters and mirrors free of water spots, hair and product residue	☐	☐	☐
Locker fronts and handles wiped, bench tops and legs clean	☐	☐	☐
Floor dry or signed, no standing water between the showers and the lockers	☐	☐	☐
Soap, paper towel, toilet paper and sanitary product dispensers stocked	☐	☐	☐
Sauna and steam room benches wiped, floor drain clear, door glass clean	☐	☐	☐

Back of House

	Pass	Fail	N/A
Janitor closet organised, chemicals labelled and lidded, safety data sheets on hand	☐	☐	☐
Laundry area lint cleared, dirty towel bins not overflowing	☐	☐	☐

Staff room and staff washroom cleaned to the same standard as member areas	☐	☐	☐
Garbage and recycling removed, bins wiped inside and relined	☐	☐	☐

General checks (site-wide)

	Pass	Fail	N/A
High-touch points wiped: door handles, light switches, turnstile and fountain buttons	☐	☐	☐
No wet floor left without a sign in any member area	☐	☐	☐
Disinfectant left on shared surfaces for its full labelled contact time	☐	☐	☐
Torn upholstery, broken equipment, leaks and burned-out lights reported to the gym manager the same visit	☐	☐	☐
Previous inspection deficiencies verified as fixed before new items are logged	☐	☐	☐
Service recorded with date, time and the name of the person on shift	☐	☐	☐

Suggested frequency

Daily	Locker rooms and showers, every equipment touchpoint, mats, mirrors, cardio and strength floors, front desk
Weekly	Behind and under cardio machines, bench upholstery detail, shower grout scrub, sauna and steam room detail
Monthly	Rubber floor deep scrub, high dusting of ductwork and fans, vacant locker interiors, vents
Quarterly	Locker room tile and grout deep clean, carpet extraction in offices, light fixtures

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