

Gym & Fitness Center Cleaning Checklist

High-Traffic Sanitation Protocols to Keep Members Safe and Equipment Like New

Gym Floor & Equipment

	Task	Frequency
☐	Wipe all cardio equipment (treadmills, bikes, ellipticals)	Every 30 min
☐	Sanitize weight machines and cable systems	Every 30 min
☐	Disinfect free weight racks and dumbbells	Every 30 min
☐	Sweep and mop gym floor	Daily
☐	Deep clean under and behind all equipment	Weekly
☐	Sanitize foam rollers and mats	Daily

Studios & Group Fitness Rooms

	Task	Frequency
☐	Mop and disinfect floor between classes	Between classes
☐	Sanitize yoga mats and blocks (if provided)	Between classes
☐	Wipe down sound equipment and speakers	Daily
☐	Deep clean flooring	Weekly

Locker Rooms & Showers

	Task	Frequency
☐	Disinfect showers, benches, and lockers	Every 2 hours
☐	Mop floors with antifungal disinfectant	Every 2 hours
☐	Restock soap, shampoo, and paper products	Every 2 hours
☐	Scrub grout and tile	Weekly
☐	Check and clear floor drains	Daily

Pool & Wet Areas (if applicable)

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	Task	Frequency
☐	Test and balance pool chemistry	Daily
☐	Skim and vacuum pool	Daily
☐	Clean pool deck and surrounding areas	Daily
☐	Inspect and clean filters	Weekly

Ready for a cleaner, healthier space?
Contact United Unlimited Cleaning today for a free assessment.
www.unitedunlimitedcleaning.com