

Commercial Gym Cleaning Checklist

This commercial gym cleaning template provides an example of what a gym cleaning checklist might look like for a team that offers some add-on custodial services.

Location: _____

Date and time: _____

Custodian: _____

Signature: _____

Check-in Area

- Clean entryway mats
- Wipe down front counter
- Disinfect high-touch surfaces, including door handles and light switches
- Dry mop floor

Floors

- Dust mop
- Spot clean
- Wet mop
- Vacuum

Cardio Equipment

- Disinfect high-touch surfaces, including all handles and grab bars
- Wipe down foot wells or treads
- Inspect for damage and report any problems

Overall notes

Weight Machines

- Wipe down benches
- Sanitize handles and grab bars
- Clean foot wells

Other Exercise Equipment

- Spot clean resistance bands
- Wipe down medicine balls
- Clean handles of free weights
- Sanitize yoga and Pilates mats

Locker Rooms

- Wipe down benches
- Wipe down exterior of lockers
- Empty trash
- Clean floors
- Clean sink area
- Clean toilets and stalls
- Restock soap, toilet paper, and paper towels

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