SF Janitorial

PRINTABLE CHECKLIST

Gyms and fitness centers: what we clean

Walk the club zone by zone and note when each area can close for cleaning.

Gym or studio _____ **Address** _____

Walked by _____ **Date** _____

Climbing areas

- ☐ Chalk dusted from benches, cubbies, sills and locker tops
- ☐ Padded landing zones vacuumed, vinyl covers wiped
- ☐ Floor around the walls cleaned
- ☐ Rental shoe shelves, gear counter and rest benches
- ☐ Stretching and campus-board areas
- ☐ Reachable vents and light fixtures on rotation

Showers, saunas and locker rooms

- ☐ Shower walls, floors and drains scrubbed and squeegeed
- ☐ Non-slip tile brushed by hand or machine
- ☐ Pool-deck tile
- ☐ Sauna benches and floors once cool
- ☐ Locker fronts, handles, vanities and mirrors
- ☐ Restroom fixtures cleaned and disinfected
- ☐ Paper and soap holders filled

Strength and cardio floor

- ☐ Grips, seats, back pads and cable handles
- ☐ Selector pins and cardio machine screens
- ☐ Spin bike saddles, handlebars, frames and knobs
- ☐ Dumbbell racks and plate storage
- ☐ Rubber tiles vacuumed and cleaned with a neutral solution
- ☐ Turf strips and stretching mats

Studios

- ☐ Mirror walls wiped edge to edge
- ☐ Reformers, barres and props
- ☐ Sprung wood or vinyl floors
- ☐ Interior glass and studio doors
- ☐ Street-level windows, if added

Front desk and staff rooms

- [ ] Check-in desk, scanners and retail racks
- [ ] Lounge seating and door mats
- [ ] Staff offices, employee kitchen and coaching room

Timing

- [ ] After the last member or before opening
- [ ] One shower room at a time in gyms open overnight
- [ ] Day porter at peak hours
- [ ] Machine scrubbing booked for a quiet night

Notes