

CLEANING TRAINING CHECKLIST

FITNESS CENTERS & GYMS

HOW TO USE: Fill in the "Products & Dilution" and "Frequency" columns with your facility's specific products and schedules. Use Pass/Fail criteria to train staff on quality standards. Staff should initial each area when complete.

Cleaning Area	Task Steps & PPE	Products & Dilution (Fill In)	Frequency (Fill In)	Pass/Fail Criteria	Initial
Weight Equipment	1. Wipe machine handles & grips 2. Disinfect benches 3. Sanitize free weight handles 4. Clean touchscreens PPE: Gloves	Disinfecting wipes: _____ Equipment-safe spray: _____ Microfiber towels: _____	<input type="radio"/> Between every user <input type="radio"/> Wipe stations checked hourly <input type="radio"/> Other: _____	PASS: Equipment dry within 30 sec, no residue, wipe stations >80% stocked FAIL: Wet equipment, sticky residue, empty dispensers	
Cardio Machines	1. Clean console & touchscreen 2. Disinfect handrails 3. Wipe bike seat & handlebars 4. Clean floor mats beneath equipment PPE: Gloves	Electronics-safe wipes: _____ All-purpose spray: _____ Floor cleaner: _____	<input type="radio"/> Spot clean every 2 hours during peak <input type="radio"/> Deep clean nightly <input type="radio"/> Other: _____	PASS: Consoles streak-free & responsive, handrails tacky-free, mats sweat-free FAIL: Sticky consoles, greasy handrails, dirty mats	
Locker Rooms	1. Scrub shower stalls & tile 2. Disinfect benches 3. Wipe locker handles 4. Mop floors & clear drains 5. Clean mirrors PPE: Gloves, non-slip shoes, safety glasses	Tile/grout cleaner: _____ Disinfectant: _____ Glass cleaner: _____ Floor cleaner: _____ Drain cleaner: _____	<input type="radio"/> Hourly touchpoints <input type="radio"/> Deep scrub 2x/day (AM/PM) <input type="radio"/> Other: _____	PASS: No mildew odor, benches sanitized, mirrors clear, drains flowing, floors dry FAIL: Musty smell, water spots, clogged drains, standing water	
Group Fitness Studios	1. Sanitize yoga mats 2. Clean mirrors 3. Mop floors 4. Disinfect props (blocks, straps) 5. Air out room PPE: Gloves	Mat cleaner: _____ Glass cleaner: _____ Floor cleaner: _____ Equipment spray: _____	<input type="radio"/> Between every class (30-min turnover) <input type="radio"/> Floors daily <input type="radio"/> Other: _____	PASS: Mats dry & odor-free, mirrors spotless, floors clean without slip hazard, room ready 5 min before class FAIL: Wet mats, streaky mirrors, slippery floors, late setup	
Rubber Floors & Mats	1. Lift mats & clean underneath 2. Mop rubber flooring 3. Sanitize equipment mats 4. Check drainage areas 5. Apply deodorizer if needed PPE: Gloves, non-slip shoes	Rubber-safe cleaner: _____ Microfiber mop: _____ Scrub brush: _____ Wet vacuum: _____	<input type="radio"/> Daily mopping <input type="radio"/> Deep scrub weekly <input type="radio"/> Spot clean spills immediately <input type="radio"/> Other: _____	PASS: No pooling water, mats lay flat & clean, no odor, equipment mats dry FAIL: Standing water, rolled mats, rubber smell, wet equipment areas	

Supervisor Review

Areas Requiring Rework: _____

Supervisor Signature: _____

Coaching Notes: _____

Date/Time: _____