

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.

Facility Name: _____

Staff Name: _____

Date: _____ Shift: _____ Supervisor: _____

Cleaning Area	Task Steps & PPE	Products & Dilution (Fill In)	Frequency (Fill In)	Pass/Fail Criteria	Initial
Weight Equipment	<ol style="list-style-type: none"> Wipe machine handles & grips Disinfect benches Sanitize free weight handles 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	<ol style="list-style-type: none"> Clean console & touchscreen Disinfect handrails Wipe bike seat & handlebars 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	<ol style="list-style-type: none"> Scrub shower stalls & tile Disinfect benches Wipe locker handles Mop floors & clear drains 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	<ol style="list-style-type: none"> Sanitize yoga mats Clean mirrors Mop floors Disinfect props (blocks, straps) 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	<ol style="list-style-type: none"> Lift mats & clean underneath Mop rubber flooring Sanitize equipment mats Check drainage areas 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: _____