

Gym Reset & Cleaning Checklist

Keep your gym clean, ready and trusted.

Between members

- Wipe down equipment after each use
- Rack plates, dumbbells and bars
- Sanitise mats and grips
- Reset benches and machine positions
- Quick sweep of the free-weight floor

Weekly

- Deep-clean mats, grips and pads
- Launder towels, wraps and shared bands
- Clean mirrors, glass and dispensers
- Dust racks, ledges and storage
- Sanitise water station and ice machine

Daily close

- Deep-wipe high-touch equipment
- Clean locker rooms, showers and toilets
- Mop the floor (free-weight + cardio zones)
- Empty bins and refresh towels
- Restock cleaning bottles and paper

Monthly

- Equipment audit — retire damaged kit
- Check and clean AC / air filters
- Plate count and dumbbell pairing audit
- Review the cleaning log for gaps

Cleaning record

Date · Zone · Task · Done by · Time · Photo on file