Northgate Fitness Ltd

Gym cleaning checklist

Daily gym cleaning - floor, studios, changing rooms and touch points.

Date	9 November 2026
Checked by	Sarah Mitchell

Checks

Check	Yes	No	N/A
Gym floor - swept, mopped, equipment wiped down	☐	☐	☐
Studios cleaned after each class block	☐	☐	☐
Changing rooms - benches, lockers, floors	☐	☐	☐
Showers descaled and disinfected	☐	☐	☐
Toilets cleaned and restocked	☐	☐	☐
High-touch points disinfected (handles, screens, rails)	☐	☐	☐
Mirrors cleaned	☐	☐	☐
Bins emptied	☐	☐	☐
Water fountains cleaned	☐	☐	☐
Lost property logged	☐	☐	☐

Actions required

List any issues found and what was done as agreed at the meeting.

Sign-off

Checked by	Signature	Date