



Sustainable Solutions for Health, Productivity and the Environment.



Healthy Fitness Solutions

Healthy Fitness Solutions Schedule

	Daily Tasks	Weekly Tasks	Other Tasks
EXERCISE ROOM	<ol style="list-style-type: none"> 1. Dry -mop floor / vacuum 2. Clean mirrors 3. Clean walls 4. Pick up loose articles 	<ol style="list-style-type: none"> 1. Clean light fixtures 2. Clean vents 3. Clean stereo 4. Wet-mop floor/steam-clean carpet 5. Scrub exercise mats 6. Scrub exercise balls and other equipment 	<ol style="list-style-type: none"> 1. Polish and buff floor every 3 to 6 months; replace carpet every 3 to 5 years or as needed
FITNESS FLOOR	<ol style="list-style-type: none"> 1. Vacuum flooring (2x) 2. Pick up loose articles 3. Clean mirrors, glass 4. Clean resistance machines 5. Clean free-weight benches and accessories 6. Clean all seat and bench coverings 7. Clean housing/frames of all cardiovascular equipment (bikes, treadmills, ellipticals, etc.) 8. Empty waste containers 	<ol style="list-style-type: none"> 1. Clean light fixtures 2. Clean vents 3. Silicone or Teflon spray guide rods on resistance machines 4. Treat vinyl seats with vinyl protector 5. Check and tighten all bolts, screws, etc. 6. Adjust racing bikes 7. Calibrate equipment 8. Wash out waste containers 	<ol style="list-style-type: none"> 1. Shampoo carpet or wash floor every six months 2. Calibrate cardiovascular equipment monthly 3. Perform quarterly service of all cardiovascular equipment
LOCKER ROOMS > DRY AREAS	<ol style="list-style-type: none"> 1. Vacuum carpets (2x) 2. Clean vanity counters 3. Empty waste containers as needed 4. Empty towel and uniform bins as needed and take to laundry 5. Arrange grooming counters neatly throughout the day 6. Clean benches, mirrors, dressing rooms 7. Refill amenity containers 8. Wash out waste and laundry containers 	<ol style="list-style-type: none"> 1. Clean light fixtures 2. Clean vents 3. Clean tops of lockers 4. Polish metal fixtures 	<ol style="list-style-type: none"> 1. Shampoo carpet every three months 2. Dry clean curtains in dressing room
	WET AREAS < LOCKER ROOMS	<ol style="list-style-type: none"> 1. Clean sink counters as often as needed 2. Scrub sinks, showers, floors 3. Clean mirrors 4. Refill amenity containers as needed 5. Scrub urinals 6. Scrub toilets 7. Pick up loose articles 8. Empty waste containers as needed 	<ol style="list-style-type: none"> 1. Clean light fixtures 2. Clean vents 3. Clean dry deck 4. Wash out waste containers and disinfect
POOL AREA	<ol style="list-style-type: none"> 1. Pick up loose articles 2. Mop floors with cleaner/disinfectant 3. Let area air dry 4. Wipe down all rails and furniture 5. Disinfect bleachers or sitting area 	<ol style="list-style-type: none"> 1. Clean light fixtures and vents 2. Disinfect pool ladders, toys and equipment 3. Wash out waste containers and disinfect 	<ol style="list-style-type: none"> 1. Scrub tile floor with deck brush monthly 2. Rinse with wet mop and clean water
FRONT DESK	<ol style="list-style-type: none"> 1. Vacuum (2x) 2. Clean countertops and shelves 3. Dust area 4. Wash out waste containers 5. Empty waste containers 	<ol style="list-style-type: none"> 1. Clean light fixtures and vents 2. Clean drawers and cabinets 	<ol style="list-style-type: none"> 1. Shampoo carpet every six months