



Handling your hotel gym's upkeep can seem overwhelming, but it doesn't have to be. 2XL has created this helpful, 7-step guide to make the process of hotel gym maintenance simple and easy for you and your employees to ensure your guests have a satisfactory workout and experience.

1 Get Equipment Serviced Routinely

Did you know that out-of-order gym equipment is one of the top complaints guests have? Impress guests by making sure equipment is in service and functioning properly. Having inspections, maintenance and repairs completed can prevent them from breaking down.



2 Clean Equipment Once A Week

After people work out in your gym, they leave behind sweat, body oils, odor, dirt and other forms of grime. Add wiping down equipment once a week to your cleaning schedule to keep grime from building up and soiling equipment. Doing this also neutralizes odors and keeps machines from rusting.

3 Sanitize and Disinfect To Kill Bacteria

It's no secret that gyms are crawling with germs, and hotel gyms are no exception. Common gym germs that cause infections include Athlete's Foot, Staph, ringworm and MRSA – all of which can only be killed with an EPA registered disinfectant. Protect your guests from a nasty infection by prioritizing sanitizing and disinfecting equipment.





4 Stay Away From Cleaning Products That Have...

Ammonia, Bleach, Hydrogen Peroxide, Phenols or Alcohol. Not all products are good for your hotel gym equipment. Ammonia, bleach, hydrogen peroxide, phenols and alcohol are commonly found in wipes and mixed solutions, but steer clear of them. These chemicals will damage your equipment by causing rust, discoloration and corrosion.

5 Don't Use Abrasive Cleaning Materials

The texture of the materials you use to clean your hotel gym equipment matter, too. Metal brushes, steel pads and other rough cleaning tools damage your equipment by leaving visible scratches, scrapes and tears.

Out-of-order gym equipment is one of the top complaints from guests who visit fitness centers in hotels.

6 Review and Refer To Equipment Manuals

Equipment manuals will give you everything you need to know to keep your machine functioning properly. In them, you will find do's and don'ts, when service and repairs are needed, signs of deterioration or problems, and more.

7 Create a checklist and schedule

Create a cleaning checklist and schedule to keep track of when equipment and surfaces have been cleaned, the last time they were serviced, and other tasks along with the dates and times they were done.

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