



## This Free Strength Training and DIY Facial Event Looks So Fun

BPM Fitness is teaming up with The Logan for a night of sweating and self-care.



It's pretty gross to think about all the dirt and sweat collecting on our faces after a high-energy workout, but the fact remains that actually doing your skincare routine is a heckuva lot of work — and we can't count the number of times we've chose sleep over washing our face.

But at a fun, free (!) pop-up event next week, you can get in your fitness *and* your skincare time. [The Logan](#) — which has been killing the pop-up workout game recently by [hosting Barre3 classes](#) — is partnering with Fairmount's [BPM Fitness](#) for a pretty killer event on July 31.

The night will start at 5 p.m. with registration, then BPM Fitness owner **Shoshana Katz** will get an upbeat strength-training workout rolling at 5:30. The class will utilize resistance bands for added challenge, but all you need to bring is a water bottle — trust us, you'll need it.

After the 45-minute workout, The Logan Spa manager **Lanez Perry** will lead attendees through a DIY facial. In this workshop, you'll not only get a little pampering, you'll also learn tips for taking care of your skin after intense sweat sessions.

The event will wrap up at 7 p.m., although we highly suggest you move the party upstairs afterwards to [The Logan's Assembly Rooftop bar](#) — the views are pretty freakin' spectacular, especially with a cold glass of frosé in your hand.

This workout and facial workshop are scheduled for Tuesday, July 31, from 5 to 7 p.m. The whole event is free, but you do need to RSVP [here](#).