

The poster features a bright orange background with scattered teal confetti. At the top left, the text 'PALCO SAÚDE' is written in a large, teal, sans-serif font, with 'JUNTO A AREIA FUNDA' in a smaller white font below it. In the top right corner, the logo for 'Festas da Madalena' is displayed in white, featuring a stylized figure holding a drink. The central part of the poster lists activities for three days: 18 July (19h30 Cross Training), 19 July (19h30 Cycling), and 20 July (19h00 Cross Training, 19h45 Cycling). At the bottom right, 21 July (19h30 Cycling) is listed. In the bottom left corner, the 'fitup' logo is shown in teal, with a checkmark above it and the tagline 'exercício & saúde' below.

PALCO SAÚDE
JUNTO A AREIA FUNDA

Festas da MADALENA

18 Julho
19h30
Cross TrAiNiNG

19 Julho
19h30
CYcliNG

20 Julho
19h00
Cross TrAiNiNG
19h45
CYcliNG

21 Julho
19h30
CYcliNG

fitup
exercício & saúde

O teu festival está cada vez mais fit!

Calça os ténis e vem queimar as calorias extra no Palco Saúde, com aulas de grupo ao ar livre.

Vais ficar no sofá?

[# festasdamadalena](#) [# oteufestivaldeeleicao](#) [# desportoparatodos](#)

