

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: 18th July (Cross Training at 19h30), 19th July (Cycling at 19h30), and 20th July (Cross Training at 19h00 and Cycling at 19h45). The 21st July also features a cycling activity at 19h30. The 'fitup' logo, with the tagline 'exercício & saúde', is positioned in the bottom left corner.

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?

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