

THE INNER CIRCLE

J CLUB MEMBERS NEWSLETTER
FEBRUARY 2026

J CLUB

Welcome to the new season at J Club

We're delighted to welcome you to a month filled with new energy and inspiration. We have an exciting lineup of activations and experiences ahead, all designed to enhance your time with us and support your wellness goals.

This month, we're also introducing a number of updates to our membership program to further elevate your experience.

PEDRO MARQUES
Director of Fitness



Inner Circle

FEBRUARY

Each month, Inner Circle brings together a curated selection of privileges, experiences, and updates designed to complement life at J Club.

For February, Inner Circle highlights a considered mix of lifestyle experiences, seasonal events, dining moments and new additions across the wider Jumeirah ecosystem. From ways to enjoy time with family and friends, to moments centred around wellness, dining and discovery. This month's selection reflects the rhythm of the season and the experiences that shape life beyond the club.



Trainer Spotlight

MARY JOY

Mary Joy combines physiotherapy expertise with a wellness-focused approach to help individuals rebuild strength, improve mobility, and move with ease. She specialises in rehabilitation and recovery, pre- and post-natal wellness, special populations and medical conditions, obesity and diabetic management, as well as movement correction and strength training.



**PLEASE CALL RECEPTION
TO FIND OUT MORE**

+971 4 406 8872

LIVIA MICCOLI

Livia brings an uplifting energy to every session, blending Pilates precision with functional and HIIT training to build strength, confidence, and body awareness. Her thoughtfully designed workouts leave you feeling energised and connected to your movement, with specialisms in Reformer and Mat Pilates, women's training, weight loss and toning, as well as strength and mobility.



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Jumeirah Circle

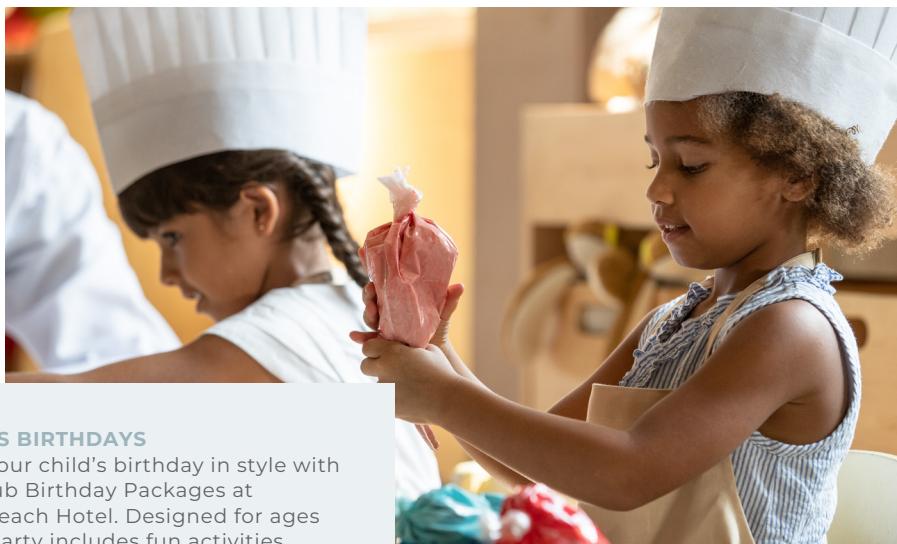
Jumeirah Circle, the new Kids Club at Jumeirah Beach Hotel, offers a fun and safe environment where children can enjoy engaging activities, creative play, and supervised entertainment, ensuring little guests have an unforgettable experience while parents relax and unwind.

To receive the timetable of our children's activities, featuring a mix of indoor and outdoor sessions along with a variety of creative and educational workshops, please reach out to us via email below. These hands-on experiences are designed to inspire curiosity, creativity, and learning.

From Scribble Bots, where children build mini robots that create unique artwork, to TechArt, which blends simple coding with creative design, Jumeirah Circle's workshops encourage exploration through play. Creative minds can enjoy Clay Creations, String Art, and Lightbox, while budding engineers and innovators will love Robo Jousting and Solar-Powered Machines.

For the full schedule, including timings and prices, please contact us via email.

jbhjumeirahcircle@jumeirah.com



CHILDREN'S BIRTHDAYS

Celebrate your child's birthday in style with our Kids Club Birthday Packages at Jumeirah Beach Hotel. Designed for ages 2–16, each party includes fun activities, personalised birthday touches and the option to add extras like face painting or balloon décor. Hosted in our Sunset Garden, it's a joyful, stress-free way to make their special day truly memorable.



What's New

NUTRITION CONSULTATIONS WITH NOVA CLINIC

We're pleased to introduce complimentary nutrition consultations for J Club members, designed to support your overall wellbeing and help you get even more from your wellness journey.

In partnership with Nova Clinic, members will have the opportunity to book a 20-minute one-to-one consultation with Dr. Shabeena, offering personalised guidance to support your nutrition and lifestyle goals.

Consultations will take place every Saturday from 10:00 to 12:00, with sessions alternating weekly between J Club Jumeirah Mina Al Salam and J Club Jumeirah Beach Hotel. Please note that schedules and timings may be adjusted based on demand.

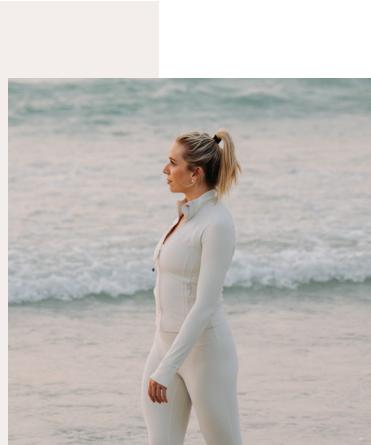
Appointments are limited and must be booked in advance via the J Club app.

STEPS BY THE SEA

We have recently added a weekly guided walk led by a J Club instructor, designed to get you moving while enjoying the beauty of the coastline. The walk begins at Jumeirah Beach Hotel and follows a scenic route along the shoreline, finishing at Jumeriah Mina Al Salam.

Perfect for all fitness levels, this relaxed yet energising walk is a great way to boost daily movement, connect with fellow members, and enjoy fresh sea air in a social setting. Your instructor will guide the pace, offer light motivation, and ensure an enjoyable experience from start to finish.

THURSDAYS, WEEKLY | 19:00





**JUMEIRAH BEACH HOTEL DAY PASS
EXCLUSIVE J CLUB MEMBER OFFER**

Enjoy an exclusive Jumeirah Beach Hotel Day Pass for AED 450 per person, which includes AED 400 credit redeemable at Nuska, perfect for a relaxed day by the beach paired with exceptional dining. A wonderful opportunity to unwind and make the most of the season with those closest to you, valid throughout February.

EXCLUSIVE ATTRACTION DISCOUNTS

We're pleased to introduce a new benefit for our Lifestyle and Fitness members. Members can now enjoy exclusive entry discounts to some of Dubai's most popular attractions, adding even more value to your membership experience.

These benefits include preferential rates for Dubai Parks and Resorts, ideal for family days out, The Green Planet for an immersive indoor rainforest experience, and The View, offering panoramic city views.

Full details and applicable discounts are outlined in the table below.

ATTRACTION	LIFESTYLE MEMBERSHIP	FITNESS MEMBERSHIP	REMARKS
Dubai Parks And Resorts (for member and maximum 4 guests)	30%	20%	Discount is applicable to the gate price.
The Green Planet (for member only)	30%	20%	Discount is applicable to the gate price.
The View (for member only)	30%	20%	Discount is applicable to the gate price.



TALISE MADINAT JUMEIRAH WET FACILITIES ACCESS

We're pleased to introduce an exclusive new benefit for our lifestyle members, access to the wet facilities and pool at Talise, Madinat Jumeirah.

This serene retreat offers the perfect space to unwind and restore, featuring beautifully designed wet areas and a tranquil pool setting within the iconic Jumeirah Al Qasr. Whether you choose to relax post-workout or enjoy a moment of calm as part of your wellness routine, this added benefit allows you to extend your club experience beyond the gym floor.

JUMEIRAH RACQUETS BY TIPSAREVIĆ

Racquet sports at J Club has entered an exciting new chapter with the introduction of Jumeirah Racquet by Tipsarević.

Founded by former world top-ten player Janko Tipsarević, the Tipsarević philosophy is internationally recognised for its thoughtful, structured approach to coaching and player development.

At J Club, this partnership brings a carefully curated tennis experience, supporting you at every stage of your journey, whether you're building confidence and technique or refining consistency and performance over time.

AN ADDITIONAL TENNIS COURT IS NOW OPEN

We're also delighted to announce that there will now be an additional tennis court for members at Jumeirah Mina Al Salam, providing even more space to play, practise, and enjoy the sport.

Bookings will be handled directly by Tipsarević representatives, kindly direct all enquiries to the contact details provided below. Alternatively, please click [here](#) to book online.

+971 58 572 4937

jumeirah@tipsarevicacademy.com





VO2 HEALTH ASSESSMENT

Unlock deeper insights into your endurance, metabolism, and cardiovascular fitness with a professional VO2 Health Assessment designed to optimise your health journey. Be sure to reach out to a member of the team at your next visit.

NOVA CLINIC

J Club members can enjoy exclusive February offers at Nova Clinic, Jumeirah Mina Al Salam. With expert care and a personalised approach, Nova Clinic offers advanced skin, aesthetic, and wellness treatments to enhance natural beauty and well-being.

Offers are available until 28 February, providing tailored solutions to refresh, rejuvenate, or maintain your routine with natural, visible results.



THE NOVA CLINIC FEBRUARY OFFERS

HIFU (Full Face)	迪 1,899	MORPHEUS 8 BODY (per area)	迪 2,200 Starting
BBL LASER JOULE Forever YOUNG HERO	15% OFF	COOLSCULPTING ELITE (per applicator)	迪 1,199
IV DRIP (INCLUDING NAD+) Free Home Service Included	15% OFF	ULTHERAPY Lower Face & Neck Lower Face Including Double chin	迪 7,245 迪 6,500
OZONE THERAPY 10 PASSES	迪 1,799	ALL INJECTABLES Botox, Fillers, Sculptra & Other Injectables	15% OFF
HYDRAFACIAL + ANTEAGE STEM CELL + MICRONEEDLING (Full Face)	迪 1,850	LASER HAIR REMOVAL Clarity II or GentleMax Pro (Excluding small areas)	15% OFF
HYDRAFACIAL + AQUAGOLD	迪 2,200	GLOW FORMA BY MORPHEUS 8 BUY 3 GET 4 SESSIONS	
MOXI (Full Face & Neck)	迪 2,500		

Talise

RECOVERY AT TALISE, MADINAT JUMEIRAH

Where strength quietly returns. At Talise Madinat Jumeirah, expert care and advanced technology support physical balance, vitality, and renewal. Discover restorative treatments designed to reset and recharge.



MUSCLE RECOVERY | AED 980 DURATION: 90 MINUTES

Bespoke aromatherapy massage to release tension and restore alignment.

ICOONE BODY | AED 900 DURATION: 60 MINUTES

Advanced Roboderm® technology to stimulate circulation, tone, and support detox.



SWISS SMART FACIAL | AED 1,500 DURATION: 90 MINUTES

Personalised facial to rebalance, brighten, and revitalise.

All treatments include access to Talise Recovery Facilities, including plunge pools, sauna, steam rooms, and an outdoor pool.

BOOK YOUR EXPERIENCE

February Events

Here's a preview of the exciting events we have lined up for February, offering a variety of experiences and activities for everyone to enjoy.

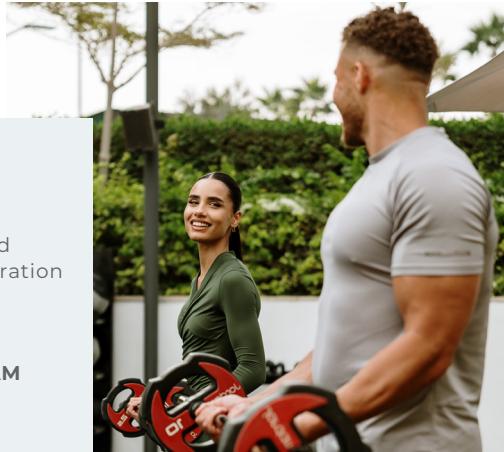
SELF-LOVE STRENGTH SESSION VALENTINE'S EDITION

Celebrate Valentine's Day with a morning of energising workouts, including indoor yoga and outdoor core & conditioning. Wear red in celebration of the day and receive a sweet treat on arrival.

TIME: 09:00 - 11:00

LOCATION: J CLUB, JUMEIRAH MINA AL SALAM

DATE: 14 FEBRUARY



SUNSET BREATHWORK AND MEDITATION

Unwind at sunset with a calming breathwork and meditation session designed to release tension, restore balance, and leave you grounded and renewed.

TIME: 17:00

LOCATION: JUMEIRAH BEACH HOTEL

DATE: 16 FEBRUARY



WELLNESS RETREAT

Your journey begins with a gentle, all-levels yoga session centred on breath, mobility and deep relaxation, followed by a guided mindfulness walk along the beach. You'll then be led through a group breathwork experience designed to encourage rest and reset, before concluding with invigorating ice baths by the sea. The experience continues in our recovery and restoration zone, where you can unwind with optional Talise massages and J Club recovery tools, including Normatec, in the lounge.

TIME: 09:00 - 12:00

LOCATION: CELESTE POOL,

JUMEIRAH AL QASR

DATE: 15 FEBRUARY

Exclusive J Club Offer

FLAVOURS OF NUSKA

Discover Flavours of Nuska, our signature beachside lunch inspired by the essence of coastal dining and fire-cooked indulgence. Where fire, sea, and spirit meet, enjoy a refined three-course menu of signature dishes, thoughtfully paired with bespoke wines to enhance every flavour.

Set in a relaxed al fresco, beachside setting, this midday dining experience captures the true spirit of Nuska, with an exclusive special rate available for J Club members.

MONDAY TO FRIDAY

12:00 - 15:00

AED 299 PER PERSON

RESERVATIONS





This Valentine's Day

FROM ARGENTINA, WITH LOVE

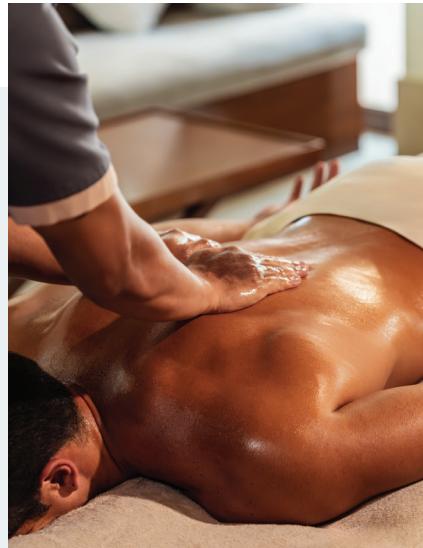
This Valentine's Day, La Parrilla invites you to an intimate dining experience overlooking the Arabian Gulf. Savour a four-course menu, each perfectly paired with wines, as the evening unfolds with breathtaking views and the warmth of shared moments.

**14 - 15 FEBRUARY | 18:00 ONWARDS
AED 995 PER COUPLE**

RESERVATIONS

Celebrate Valentine's Day with an indulgent couple's experience at Talise, Jumeirah Beach Hotel, available from Saturday, 14 February. This two-hour journey invites you to unwind together with 30 minutes in a private couple's room, followed by a 90-minute Grounding Ritual, complete with a complimentary LED face mask for an added glow. After your treatment, linger a little longer with a themed selection of sweet and savoury bites, served on the spa terrace.

**AVAILABLE: 10:00 - 21:00
AED 2,200 PER COUPLE**



**FOR RESERVATIONS, PLEASE CONTACT
jbhtalisespajumeirah.com or +971 4 406 8821.**

This Ramadan



IFTAR BY THE WATER'S EDGE

Savour meaningful moments with loved ones as the sun sets at Hanaaya at Jumeirah Mina Al Salam, ushering in a Ramadan experience where Arabic culinary tradition meets global flavours. Enjoy live stations, bespoke dishes and refreshing Ramadan juices, complemented by Turkish ice cream service and traditional Arabic tea.

From classic cold mezze, fresh breads and vibrant salads to a dedicated sushi and sashimi counter, charcoal-grilled favourites and signature dishes such as traditional lamb ouzi, the evening unfolds as a generous celebration of flavour.

DAILY | FROM SUNSET UNTIL 22:00

AED 280 PER PERSON,
INCLUSIVE OF SOFT BEVERAGES
AED 150 PER CHILD (12 YEARS AND UNDER)

RESERVATIONS

THE RAMADAN GARDEN

Gather friends and family in the elegant outdoor setting of Jumeirah Beach Hotel's Ramadan Garden. Thoughtfully designed for the season, this serene destination offers uninterrupted views of the sun setting over the Arabian Gulf as you prepare to break your fast. As the evening unfolds, continue with a calm Suhoor experience, creating meaningful moments with those who matter most.

IFTAR | 18:00 - 20:30

AED 350 PER PERSON,
INCLUSIVE OF SOFT BEVERAGES
AED 200 PER CHILD (5-11 YEARS, COMPLIMENTARY
FOR CHILDREN AGED 0 TO 4 YEARS)

SUHOOR | 22:00 - 02:00

AED 250 PER PERSON,
INCLUSIVE OF SOFT BEVERAGES
AED 150 PER CHILD (5-11 YEARS, COMPLIMENTARY
FOR CHILDREN AGED 0 TO 4 YEARS)

RESERVATIONS



AL MAJLIS

Step into the timeless elegance of Al Majlis at Madinat Jumeirah, where tradition meets sophistication. This iconic indoor venue radiates a refined ambiance, ideal for embracing the spirit of Ramadan. Enjoy a memorable Iftar and Suhoor experience with a carefully curated selection of traditional dishes, surrounded by the charm of an intimate setting.

IFTAR | SUNSET - 20:30
DOORS OPEN 17:45 - 18:00

SUHOOR | 02:00 - 03:00
DOORS OPEN 21:30 - 03:00

FROM AED 350 PER PERSON
AED 175 PER CHILD (5-11 YEARS),
COMPLIMENTARY FOR CHILDREN
AGED 0 TO 4 YEARS)

RESERVATIONS



New at the J Club Shop

Explore our latest wellness essentials in the J Club retail area and Tennis Pro Shop, including TRNR Trigger Balls, Rocktape Rockband Flex, and The Ginger People shots, perfect for recovery, mobility, and a quick wellness boost.



LC CLOTHING

We're also introducing LC Clothing, premium activewear designed for performance and style, seamlessly taking you from workouts to everyday wear. Discover the new collection on your next visit.



thejclub.com
[@jclubdxb](https://www.instagram.com/jclubdxb)



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