



THE INNER CIRCLE

J CLUB MEMBERS NEWSLETTER
MARCH 2026

J CLUB



Welcome to the new season at J Club

We're delighted to welcome you to another month of fresh energy and inspiration. This edition brings an exciting lineup of activations and experiences, all thoughtfully designed to enrich your time with us and support your journey.

You'll also find a number of enhancements to our membership programme, created to further elevate your overall experience.

Wishing you a blessed Ramadan and a joyful Eid.

PEDRO MARQUES
Director of Fitness

Inner Circle

MARCH

This month, Inner Circle presents a selection of privileges, experiences and updates designed to enhance life at J Club.

In March, we highlight the benefits of Jumeirah One, extending exclusive privileges across the Jumeirah portfolio. We also introduce Nova Clinic peptides, offering personalised wellness solutions to support your vitality and overall wellbeing, alongside a calendar of upcoming experiences, from engaging gatherings to thoughtfully curated dining moments.

Whether spending meaningful time with family and friends or exploring wellness and culinary offerings, this edition of Inner Circle reflects the spirit of the season and the experiences that enrich life beyond the club, for a life lived well.



Trainer Spotlight

PEDRO CERDEIRA

Pedro excels in guiding individuals through recovery and transformation. With a deep understanding of biomechanics and physiology, he designs programmes that rebuild strength, restore function and elevate performance. Specialising in weight management, strength and conditioning and sports rehabilitation, his approach is personalised, precise and truly empowering.

**FILL OUT THE
ASSESSMENT FORM
[HERE.](#)**



DANICA TADIC

Danica guides individuals on their journey to weight loss, strength and confident movement. Her training is personalised and calm, focusing on healthy habits, proper technique and steady progress. With a supportive and structured approach, she helps clients achieve results that are both realistic and sustainable.

**FILL OUT THE
ASSESSMENT FORM
[HERE.](#)**



March Events

Kick off March at J Club with a range of exciting events, from rejuvenating wellness experiences to energising active sessions. Secure your place through the J Club app.

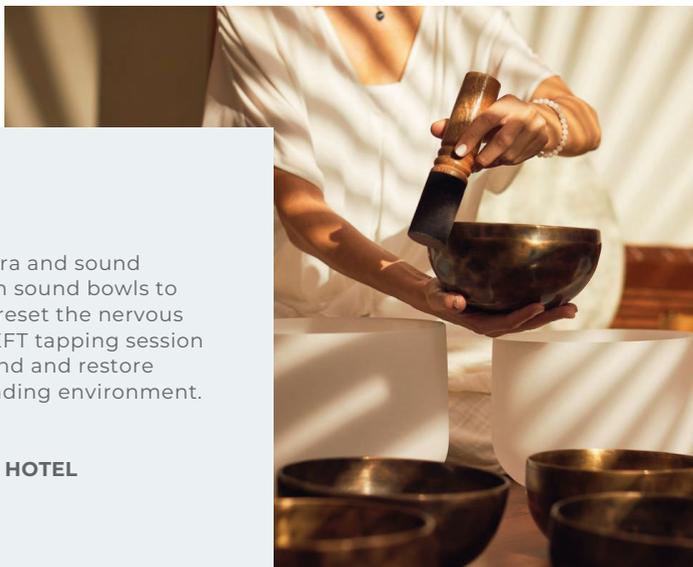
GROUP YOGA NIDRA AND SOUND HEALING

Experience a guided Yoga Nidra and sound healing session enhanced with sound bowls to promote deep relaxation and reset the nervous system. Followed by a group EFT tapping session to release stress, settle the mind and restore balance in a supportive, grounding environment.

TIME: 15:00

LOCATION: JUMEIRAH BEACH HOTEL

DATE: FRIDAY, 6 MARCH



INTERNATIONAL WOMEN'S DAY

Celebrate International Women's Day with a Women's Longevity Talk in collaboration with Nova Clinic, followed by a Mat Pilates session.

TIME: 10:00 - 12:00

**LOCATION: NOVA CLINIC,
JUMEIRAH MINA AL SALAM**

DATE: SUNDAY, 8 MARCH

INDOOR FLOATING MEDITATION AND SOUND HEALING

Experience a guided meditation session on floating beds. This low-impact practice focuses on balance, core engagement, controlled movement and breathwork, suitable for all levels. Enjoy a water-based wellness session that promotes relaxation, improved posture and mental clarity.

TIME: 19:30

LOCATION: JUMEIRAH MINA AL SALAM

DATE: THURSDAY, 12 MARCH



LADIES OUTDOOR ZUMBA MARATHON

Join us for a vibrant outdoor Zumba session designed to energise, uplift, and unite. Move to dynamic beats, soak up the fresh air and enjoy a fun, empowering workout that leaves you feeling revitalised.

TIME: 10:00

LOCATION: JUMEIRAH BEACH HOTEL

DATE: SATURDAY, 28 MARCH



Children Activities at Jumeirah Circle

This month, the Kids Club at Jumeirah Circle invites little ones to celebrate Ramadan through a vibrant programme of creative and cultural activities. From Ramadan moon crafts and lantern making, to Arabic art and henna, each day is filled with hands-on fun. Family time features games, balloon bending and hair braiding, while afternoon and evening sessions include Ramadan trivia, mosaic art, musical games, scavenger hunts and disco fun.



WATERPOLO

Dive into the Family Pool and join our exciting water polo sessions for kids. Designed to be fun and active, each session helps children build skills, make new friends and enjoy teamwork in the water. Splash, play and discover the joy of water polo with us.

SATURDAYS | 11:30
JUMEIRAH CIRCLE, JUMEIRAH BEACH

VOLLEYBALL MATCH

Grab your sunscreen and get ready for some sandy action. Kids are invited to join our beach volleyball match at Jumeirah Beach Hotel, where fun, teamwork and friendly competition come together. Learn new skills, make friends, and enjoy a sunny day of play on the beach.

SUNDAYS | 16:30
JUMEIRAH CIRCLE, JUMEIRAH BEACH HOTEL



To find out more, contact Jumeirah Circle.
JBHJumeirahCircle@jumeirah.com

What's New



BENO CURATED LUXURY EXPERIENCES FOR J CLUB MEMBERS

Beno offers a handpicked collection of premium rentals and unforgettable adventures across land, sea, and air. From high-end supercar rentals and crewed yacht charters to thrilling desert buggy rides and breathtaking helicopter tours, each experience is designed to create exceptional moments for our members.

We're excited to announce that our partnership with Beno will soon launch, bringing experiences exclusively for J Club members. Stay tuned for more details.

Current member benefits with Beno include:

- 25% off watersports and yacht bookings
- Complimentary kayak and stand-up paddle access daily from 9:00 – 11:00

Contact Beno to book or find out more.
reservations@beno.com

PEPTIDE THERAPY

Discover advanced wellness at Nova Clinic, where newly introduced Peptide Therapy supports performance optimisation, healthy ageing, improved recovery and targeted care for specific health needs.

Guided by experienced medical professionals and a holistic, technology-led approach, each programme is tailored to help you feel and function at your best.

Using precise combinations of short-chain amino acids that act as natural messengers in the body, Peptide Therapy helps regulate key physiological processes, restore balance and promote long-term wellbeing in harmony with the body's natural systems.

To book, visit the front desk in Nova Clinic at Jumeirah Mina Al Salam or call below.

+971 4 552 7890

Talise

RELAX, REBALANCE, REJUVENATE AT TALISE

At Talise, every experience is designed to restore balance and wellbeing. This March, discover curated treatments and rituals that nurture body, mind and spirit, leaving you renewed and radiant.

PERFORMANCE RECOVERY EXPERIENCE

Let your body breathe, stretch and recover. The precision of Icoone and the gentle warmth of iDome dissolves tension, awakens circulation and restores vitality. An immersive ritual that transforms post-workout recovery into a sensorial indulgence.

SIGNATURE HAMMAM

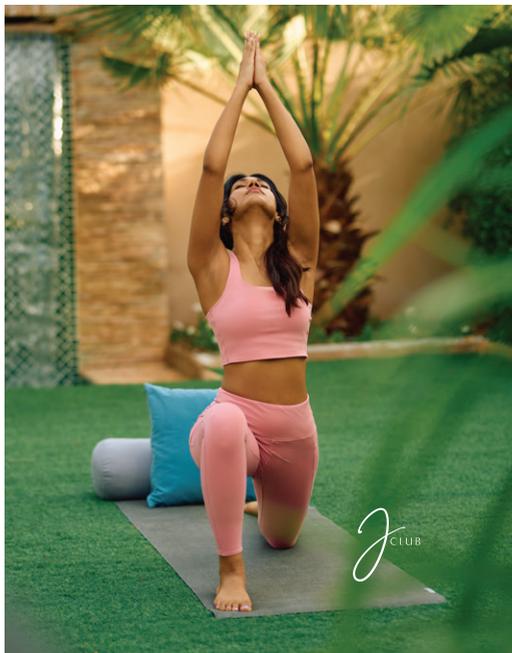
Our Signature Hammam purifies, relaxes and restores, leaving your body renewed and your senses uplifted. A timeless tradition, elevated for today's wellness lifestyle.

RAMADAN GIFTING

Talise Ramadan Gifting Collection offers treatments and elegant gift boxes that nurture body, face and hair through rituals of calm and renewal. Each experience is accompanied by a complimentary wellness gift, extending the serenity long after the moment has passed.

RUMI ACTIVEWEAR

J Club Members are invited to enjoy 20% savings on Rumi activewear, crafted to move effortlessly with your body. Available at the Talise Wellness Boutique, Jumeirah Mina Al Salam.



Savour the Season at Jumeirah



NUSKA RAMADAN SPECIAL

Celebrate the spirit of Ramadan at Nuska with a specially curated 3-course set menu for two. Begin your evening with traditional iftar delights, including dates, refreshing laban and a selection of flavourful mezze. The menu continues with carefully crafted dishes designed to offer a memorable dining experience, perfect for sharing with loved ones in a warm and inviting setting.

AED 395 PER PERSON
18 FEBRUARY – 19 MARCH

RESERVATIONS: +971 80032 3232

FLOOR 24 AGAVE MONTH

This Agave Month, Floor 24 invites you to indulge in a selection of cocktails crafted with the finest agave spirits, including Mezcal and Tequila. Each drink is carefully designed to showcase the rich, distinctive flavours of agave, offering a unique and refreshing experience. Join us for an elevated evening of expertly mixed cocktails, vibrant ambience and the perfect spot to unwind with friends.

AED 80 EACH
FROM 16 MARCH

RESERVATIONS: +971 80032 3232





NAGOMI LUNCH KAYTO

Discover a nourishing midday escape at Kayto, located within Jumeirah Al Naseem. The new Nagomi Lunch is a refined six-dish experience inspired by the world's Blue Zones, celebrating seasonal produce, plant-forward dishes and sustainably sourced seafood, crafted to nourish body and mind.

AED 150 PER PERSON
MONDAY TO FRIDAY | 12:30 – 15:30

RESERVATIONS

RAMADAN HAMPER

Celebrate the Holy Month with Margaux Pastry Boutique's two-tiered Ramadan hamper, crafted by the pastry teams of Jumeirah Al Naseem, Jumeirah Al Qasr and Jumeirah Mina Al Salam, led by Chefs Thomas Moulin, Nicolas Bacheyre and Kevin Roehrig.

Enjoy a luxurious selection of artisanal dates, Arabic sweets, pastries and delicate ghrayba biscuits in almond, hazelnut, pistachio and pecan, plus a comforting date pudding cake perfect to share or gift.

AED 590
UNTIL 22 MARCH
also available for eid.

PRE-ORDER: +971 58 601 7474 (WHATSAPP)
OR VISIT MARGAUX PASTRY BOUTIQUE,
JUMEIRAH MINA AL SALAM.



What's On? In Dubai



RAMADAN DISTRICT AT JUMEIRAH EMIRATES TOWERS

The Plaza Terrace at Jumeirah Emirates Towers transforms into the Ramadan District, an outdoor market celebrating the best of Emirati and regional culture. Discover homegrown brands, culinary delights, unique concepts and entertainment for all. Families can enjoy a children's area with workshops and activities, all set against a backdrop of Arabian hospitality.

**MARCH 8 – 23 | 17:00 – 2:00
PLAZA TERRACE,
JUMEIRAH EMIRATES TOWERS**

DUBAI WORLD CUP

Don't miss the Dubai World Cup, the highlight of Dubai's horse racing season. Founded by His Highness Sheikh Mohammed bin Rashid Al Maktoum, this glamorous event at Meydan Racecourse brings together the world's top horses for a day of thrilling competition and style.

**MARCH 28 | 15:45
MEYDAN RACECOURSE**



Jumeirah One Loyalty and Rewards

A reminder of the benefits available through Jumeirah One, our loyalty and rewards programme. Earn points with every experience and redeem them for curated privileges across Jumeirah destinations. Use your points towards your membership and continue enjoying the experiences that matter most, for a life lived well.



FITNESS MEMBERSHIP

Includes Jumeirah One Silver Membership for one person

- Complimentary breakfast with room bookings
- 15% Savings on entry to Wild Wadi Water park. For up to 4 guests.
- Up to 30% off Jumeirah hotel staycations
- 20% off Talise treatments
- 10% off Jumeirah dining experiences
- Group fitness classes and member events across all J Club locations

LIFESTYLE MEMBERSHIP

*Includes Jumeirah One Gold Membership**

- Laundry service
- 25% savings on watersports and yacht bookings with Beno Watersports
- Complimentary kayak and stand-up paddle daily from 9:00 – 11:00 with Beno Watersports
- 30% off Talise treatments
- Access to wet facilities & pool in Talise, Jumeirah Al Qasr
- Complimentary breakfast, pressing and minibar (Soft drinks) with room bookings
- 35% Savings on entry to Wild Wadi Waterpark. For up to 4 guests.



**For Lifestyle Family Memberships, Gold status applies to the primary member and their partner. For Couple Memberships, the primary member receives Gold status, while their partner receives Silver status.*

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