

THE INNER CIRCLE

J CLUB MEMBERS NEWSLETTER
MAY 2026

J CLUB



This May at J Club

This month introduces a thoughtfully curated selection of activations and experiences, each designed to enrich your time with us and support your journey. From moments of movement and mindfulness to opportunities for connection and discovery, there's something to complement every pace and intention. You'll also find a variety of offers available across Jumeirah, adding even more to explore and enjoy.

Wherever this season takes you, we're here to provide a welcoming space to pause, reconnect, and move forward with renewed focus, balance, and ease.

Eid al-Adha Mubarak to you and your family.

PEDRO MARQUES
Director of Fitness

What's New



RACQUET STRINGING

We're pleased to introduce a new state-of-the-art stringing machine at J Club, Jumeirah Beach Hotel, enhancing our racquet sports offering for members. Whether tennis, badminton, or squash, your racquets can now be professionally restrung on-site with precision and care.

For added convenience, we also offer a same-day delivery service, ensuring your racquet is ready and waiting for you without delay. Simply drop off your racquet at the club and our team will take care of the rest, keeping you game-ready with minimal interruption.

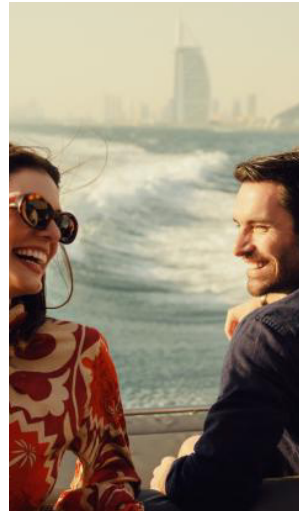
A selection of premium strings is also available in our Pro Shop, so you can customise your racquet to suit your playing style.

EXCLUSIVE MEMBER OFFER BENO WATERSPORTS

We're excited to partner with Beno Watersports to bring our members an exclusive experience on the water.

Enjoy 35% off all watersports activities, available exclusively for our members. From high-energy adventures like jet skiing, flyboarding, wakeboarding and parasailing, to more laid-back experiences such as paddleboarding and kayaking, there's something for everyone to enjoy.

Members can also take advantage of complimentary kayaking and stand-up paddleboarding daily from 9:00 to 12:00, the perfect way to start your morning by the sea. Whether you're chasing adrenaline or simply looking to unwind, this is the perfect opportunity to make the most of it at a special rate.



May Events

Join us this May at J Club with a dynamic lineup of events, from restorative wellness experiences to energising active sessions. Secure your place easily through the J Club app.

SALSA

This month we are introducing Salsa! Step into the rhythm with Atra, let the music move you as you learn vibrant steps, build confidence, and connect with the energy of the dance.

SATURDAY 9 MAY | 11:00
J CLUB, JUMEIRAH MINA AL SALAM



SUNSET MEDITATION AND BREATHWORK

As the sun sets, unwind into a calming meditation and breathwork session, guided by the gentle rhythm of the waves and the soothing evening breeze.

THURSDAY 14 MAY | 17:30
NUSKA GARDEN, JUMEIRAH BEACH HOTEL

TAI CHI BY THE BEACH

As the sun sets by the shore, ease into a gentle Tai Chi session guided by the rhythm of the waves and the soft evening breeze. Flow through slow, mindful movements that cultivate balance, calm and inner strength.

THURSDAY 21 MAY | 17:30
JUMEIRAH BEACH HOTEL



Trainer Spotlight

ANDREI COMSA

With a background in sports education and biomechanics, Andrei focuses on rebuilding strength, improving posture and refining movement for long-term wellbeing. His structured, encouraging approach combines scientific precision with motivation, with expertise in strength and conditioning, muscle building, weight management, rehabilitation, and recovery.

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



AHMED HISHAM

Ahmed's coaching promotes balance and discipline, guiding steady transformation through nutrition and lifestyle alignment. His approach blends fitness, nutrition and mindset for long-term progress, with expertise in body transformation, fat loss, strength, performance, and injury rehabilitation.

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



Children Activities at Jumeirah Circle

This month, the Kids Club at Jumeirah Circle invites little ones to enjoy a vibrant programme of creative and cultural activities. From bracelet making to Zumba, each day is filled with hands-on fun.

Family time features games, balloon bending and hair braiding, while afternoon and evening sessions include trivia, mosaic art, musical games, scavenger hunts and disco fun.



ZUMBA FUN

Join our fun-filled Zumba sessions for kids, designed to get little ones moving, dancing and full of energy. Each class helps build coordination, confidence and rhythm through upbeat music and easy-to-follow routines. Dance, have fun and discover the joy of staying active with us.

THURSDAYS | 10:00
JUMEIRAH CIRCLE, JUMEIRAH BEACH
HOTEL

STAND-UP PADDLE BOARDING AND KAYAKING

Grab your water shoes and get ready for some refreshing adventure. Kids are invited to join our Stand-Up Paddle Boarding and Kayaking sessions, where fun, balance and teamwork come together on the water. Build confidence, learn new skills, and enjoy an exciting day out on the waves with the whole family.

SATURDAYS | 10:00
JUMEIRAH CIRCLE, JUMEIRAH BEACH
HOTEL

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



Talise Spa

DAYDREAMERS

Escape into a day of effortless renewal with the Daydreamers offer at Talise Spa, where a 90-minute signature massage blends scientific precision with therapeutic tradition to restore body and mind. Unwind completely with Jumeirah Circle access for little ones at the kid's club, an AED 200 dining credit at Nuska Beach, a complimentary beach sunbed, and full access to serene pools and a pristine shoreline. An indulgent day of relaxation set within the surroundings of Jumeirah Beach Hotel.

**AVAILABLE DAILY FOR AED 975 PER PERSON
TALISE SPA, JUMEIRAH BEACH HOTEL**

[Discover More](#)



COMPLIMENTARY MASSAGE AT COFFEE MORNING

Join us during our Coffee Mornings and enjoy a complimentary mini massage. Choose from a relaxing head & shoulder or foot massage, available on a first-come, first-served basis.

Looking to extend your experience? Book a treatment of 60 minutes or more on the day and enjoy an exclusive 30% discount.

**AVAILABLE WEDNESDAYS BI-WEEKLY
FROM 9:30-12:00
TALISE SPA WELLNESS BOUTIQUE,
JUMEIRAH MINA AL SALAM**

To book, email Talise Spa at Jumeirah Al Qasr
mjtalise@jumeirah.com or call +971 4 366 6818





CANDLELIGHT SOUND AND CACAO SOUND RITUAL

Experience a serene evening of relaxation and renewal at the KAILO Candlelit Sound & Cacao Ritual, a special collaboration between KAILO and Talise Spa. Set in the tranquil Yoga Garden, this immersive experience is guided by Szilvia Timar.

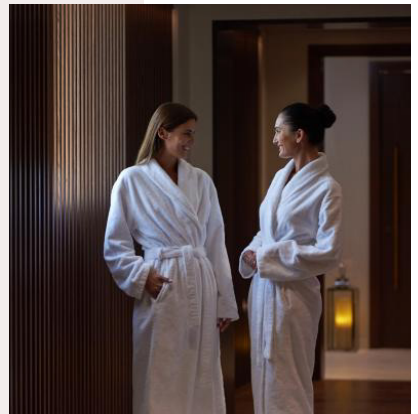
**TUESDAY 5 & 12 MAY
AT 19:00 FOR AED 150
TALISE SPA, JUMEIRAH AL QASR**

MANDALA ART MEDITATION EXPERIENCE: A MOTHER'S DAY MOMENT

Discover the calming power of mandalas in this mindful creative session at Talise Spa. Used for centuries in spiritual traditions as tools for meditation, ritual, and self-reflection. More than a creative activity, colouring mandalas offers a meditative experience that can support emotional balance, mental clarity, and relaxation.

**MOTHER'S DAY SATURDAY | 10 MAY
FROM 11:00 – 11:45 FOR AED 150
TALISE SPA, JUMEIRAH AL QASR**

[Discover More](#)



To book, email Talise Spa at Jumeirah Al Qasr
mjtalise@jumeirah.com or call +971 4 366 6818

Nova Clinic

J Club members can enjoy exclusive 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.



HYDRAFACIAL + IV
AED 1250

**HYDRAFACIAL + ADD ON
SKINCEUTICAL | MESOFACIAL | ZO**
AED 1150

**LASER BED, CRYOTHERAPY + IV DRIP
(MIXED VITAMINS)**
AED 1399

**IV DRIP (MIXED VITAMINS) + MANUAL
RELEASE MASSAGE (30 MINUTES)**
AED 1200

OZONE THERAPY + PHYSIOTHERAPY
AED 1899

Offers are available throughout May, providing tailored solutions to refresh, rejuvenate, or maintain your routine with natural, visible results.

To book, visit the front desk in Nova Clinic at Jumeirah Mina Al Salam or call **+971 4 552 7890**

Savour the Season at Jumeirah



DUBAI RESTAURANT WEEK NUSKA BEACH | FIKA

Enjoy a refined dining experience at Nuska Beach or Fika for Dubai Restaurant Week, where Mediterranean and Italian flavours take centre stage. Lunch features a curated two-course menu, complemented by one bottle of water for every two guests, while dinner offers a curated three-course menu with the same inclusions.

MAY 1-17

LUNCH - 12:00 – 15:00 AT AED 125 PER PERSON

DINNER – 18:00 – 21:00 AT AED 250 PER PERSON
NUSKA BEACH, JUMEIRAH BEACH HOTEL | FIKA,
JUMEIRAH BEACH HOTEL

CALL **800 32 32 32** TO BOOK.

NUSKA DAYCATION

Escape to a seaside retreat set against the iconic Arabian Gulf, where a curated beach day invites you to unwind in the comfort of a sunbed or private cabana framed by sweeping coastal views. Indulge in a three-course Mediterranean and Levantine lunch with three hours of free-flowing selected beverages.

AVAILABLE DAILY FROM 10:00 UNTIL SUNSET
WITH SUNBEDS FROM AED 600 PER PERSON
AND CABANAS FOR TWO AT AED 1,400 PER
COUPLE.

[Discover More](#)



Savour the Season at Jumeirah

CREATIONS CAKERY SIGNATURE AND PERSONALISED CAKES

Celebrated for its signature fresh Fruit Cake, Creations Cakery transforms life's milestones into edible works of art, crafting bespoke creations that capture the spirit of every occasion with elegance and care.

[Discover More](#)



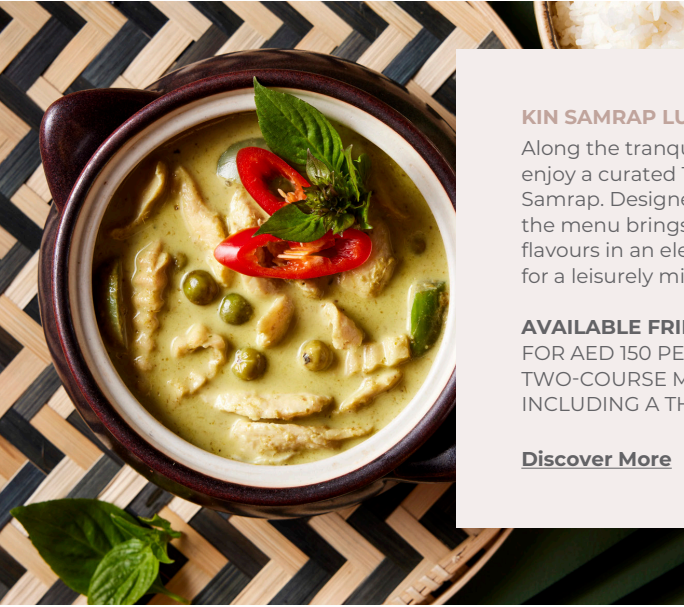
LUNCH AT ROCKFISH

Savour a refined midday experience at Rockfish, where seasonal seafood and fresh produce are crafted into elegant, natural-led dishes. A mindful, zero-waste philosophy brings balance and clarity to every plate.

AVAILABLE DAILY FROM 12:30 TO 15:00

[Discover More](#)

Savour the Season at Jumeirah



KIN SAMRAP LUNCH

Along the tranquil waterways of Jumeirah Al Qasr, enjoy a curated Thai lunch at Pai Thai with Kin Samrap. Designed by Chef Amara Mahayothee, the menu brings together vibrant, balanced flavours in an elegant waterside setting, perfect for a leisurely midday break.

AVAILABLE FRIDAY TO SUNDAY, 12:30 TO 15:00
FOR AED 150 PER PERSON INCLUDING A
TWO-COURSE MENU, AED 175 PER PERSON
INCLUDING A THREE-COURSE MENU

[Discover More](#)

VISTA LUNCH AT CALA VISTA

Enjoy a relaxed weekday lunch at Cala Vista, framed by sweeping sea views. Choose from a variety of starters, wood-fired pizzas, mains and desserts, alongside daily specials crafted with fresh, seasonal ingredients.

AVAILABLE WEEKDAYS, 12:30 TO 16:00
FOR AED 120 FOR A TWO-COURSE MENU,
INCLUDING ONE SOFT BEVERAGE,
AED 150 FOR A THREE-COURSE MENU,
INCLUDING ONE SOFT BEVERAGE

[Discover More](#)



What's On? In Dubai

THE
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CIRCLE
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GOLDEN ERA OF ARABIC MUSIC

Step into an evening of timeless Arabic music at the Theatre of Digital Art, as Golden Era of Arabic Music celebrates beloved regional classics in a refined, nostalgic concert experience that revisits songs cherished across generations.

MAY 9 | 20:00 – 21:00
THEATRE OF DIGITAL ART,
SOUK MADINAT JUMEIRAH

Tickets

ART DUBAI

A highlight in Dubai's cultural calendar, Art Dubai returns to Madinat Jumeirah from 15–17 May. Showcasing contemporary and modern works from across the Middle East, Central and South Asia, and Africa, the 2026 edition marks 20 years of the fair, celebrating its legacy while looking to the future.

MAY 15 -17 | 15:45
MADINAT JUMEIRAH

Tickets



Jumeirah One Loyalty and Rewards

Don't forget 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.

You can also use your points towards your membership, so you can continue enjoying the experiences that matter most, for a life well lived.



FITNESS MEMBERSHIP

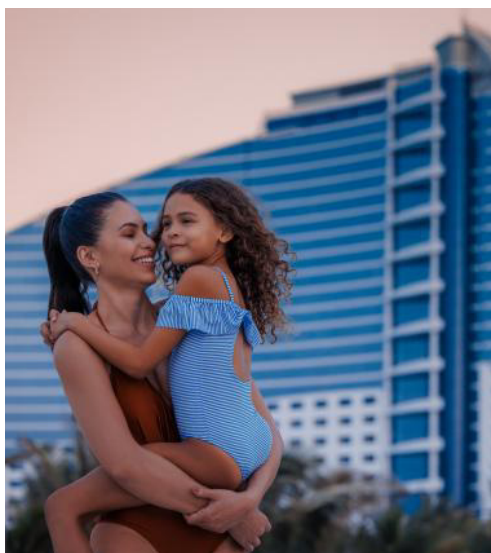
Includes Jumeirah One Silver Membership for one person

- Complimentary breakfast with room bookings
- 15% off Wild Wadi Waterpark
- 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
- Five guest passes

LIFESTYLE MEMBERSHIP

*Includes Jumeirah One Gold Membership**

- Guest fitness and beach pass
- AED 60 rate for group yoga classes at Talise, Jumeirah Al Qasr
- 10% off meeting and event services at Jumeirah Beach Hotel
- 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 with room bookings
- 35% off Wild Wadi Waterpark



**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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