

THE INNER CIRCLE

J CLUB MEMBERS NEWSLETTER
SEPTEMBER 2026





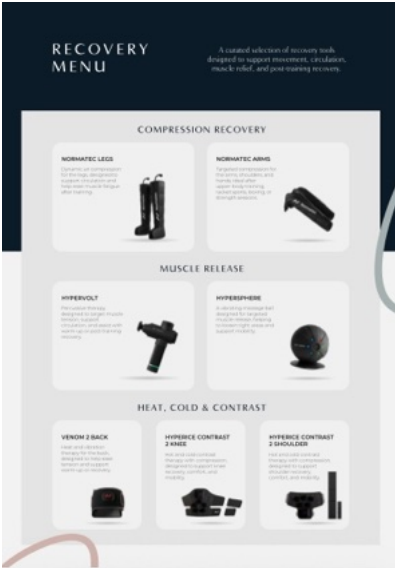
This September at J Club

As September begins, we are pleased to bring you another month of inspiring experiences designed to keep you active, energised and connected at J Club. From invigorating fitness sessions and wellness experiences to family-friendly activities and exclusive club offerings, there is something for everyone to enjoy.

You'll also discover the latest updates across our facilities, alongside selected offers available throughout Jumeirah. We look forward to welcoming you to J Club this September and continuing to support your wellbeing with experiences that help you move, recharge and feel good.

PEDRO MARQUES
Director of Fitness

What's New



ELEVATED RECOVERY

Recover smarter with our new Recovery Menu, now available at both J Club, Mina Al Salam and J Club, Jumeirah Beach Hotel.

Featuring premium Hyperice recovery tools including compression therapy, percussion massage, and hot and cold contrast treatments, the menu is designed to support muscle recovery, mobility, and overall wellbeing.

Simply speak to a J Club team member to request your preferred recovery equipment and get started.

A FRESH MENU AT J CAFÉ

Discover something new at J Café, with a selection of delicious dishes and drinks to enjoy across both clubs. Whether you're refuelling after a workout, catching up with friends or simply taking a moment for yourself, there's something to keep you feeling good throughout the day.

[View menu](#)

NEW WELLNESS AMENITIES

Discover our Wellness Amenities Menu, created to support you before, during and after your workout. Across both clubs, enjoy a rotating selection of infused water, Humantra electrolytes, protein balls and wellness shots. Perfect for staying refreshed and replenished throughout the day.



LIFESTYLE

New Classes for Kids

More ways for little ones to move, play and feel good at J Club. Our new kids classes are designed to make wellbeing fun, introducing children to movement, mindfulness and healthy habits in an engaging and age-appropriate way. Suitable for ages 5-12.



KIDS YOGA

A playful yoga class combining movement, simple poses, breathing and fun activities. Designed to help children develop balance, flexibility, focus and confidence while enjoying the benefits of yoga.

**J CLUB, JUMEIRAH BEACH HOTEL
SUNDAYS, 10:00**

AQUA FIT FOR KIDS

Make a splash with this fun and energetic pool session, designed to keep little ones active while developing coordination, confidence and water skills through playful exercises and games.

**JUMEIRAH CIRCLE FAMILY POOL,
JUMEIRAH BEACH HOTEL
SATURDAYS, 10:30**

KIDS BOOTCAMP

A fun and energetic workout designed to get children moving, building strength, coordination and confidence through age-appropriate exercises and playful challenges.

**J CLUB, JUMEIRAH BEACH HOTEL
THURSDAYS, 16:15**

Your Experiences this September

Discover a new programme of experiences designed to inspire movement, wellbeing and recovery throughout September. From energising fitness sessions to restorative wellness experiences, there's something to support every routine and help you make the most of your time at J Club this month.



WORLD PHYSICAL THERAPY DAY

Join us for an interactive movement and posture session led by expert physiotherapists from Nova Clinic. Discover more about your posture, mobility and movement patterns through a personalised movement assessment, with tips to support better movement in everyday life.

TUESDAY, 8 SEPTEMBER | 10:00
J CLUB, JUMEIRAH MINA AL SALAM

WORLD WELLNESS WEEKEND

Celebrate the weekend by drifting into a state of deep relaxation with a guided meditation experience designed to calm the mind and restore the body. Float weightlessly in a tranquil setting as gentle guidance helps you slow down, release tension and reconnect with yourself.

FRIDAY, 18 SEPTEMBER | 19:00
J CLUB, JUMEIRAH MINA AL SALAM

Your Experiences this September

JUMEIRAH RACQUETS & TIPSAREVIC OPEN HOUSE

An evening dedicated to tennis, featuring social doubles, fast-paced challenges, coach-led games and padel mixers, alongside refreshing court-side refreshments. Enhance your experience with guided recovery sessions.

SATURDAY, 19 SEPTEMBER | 18:00
J CLUB, JUMEIRAH BEACH HOTEL



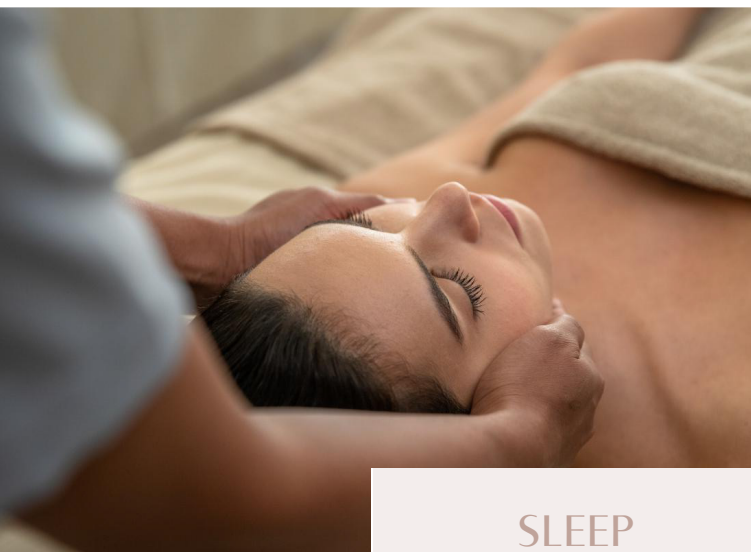
FAMILY PADEL SOCIAL MIXER

Enjoy a relaxed evening of padel with rotating teams, short matches, music and light refreshments. A fun, social format that's easy to join, whether you're a regular player or looking to meet fellow members.

FRIDAY, 25 SEPTEMBER | 19:00
PADEL COURTS, JUMEIRAH AL QASR

Restore, Recover & Recharge at Talise

Discover a selection of restorative wellness experiences at Talise, designed to support better sleep, recovery and renewed energy.



SLEEP

SLEEP RECOVERY WITH ICOONE®

A targeted 60-minute treatment combining icoone® micro-stimulation with slow, rhythmic techniques to help calm the nervous system and encourage deeper, more restorative rest.

AED 700 | 60 MINUTES

DEEP SLEEP JOURNEY

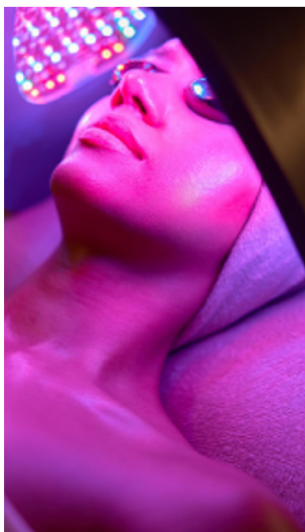
A deeply relaxing 90-minute ritual beginning with a therapeutic foot massage on the Satori Lounge Chair, followed by a flowing full-body massage, pressure point therapy and mindful breathwork to encourage profound relaxation.

AED 600 | 90 MINUTES

For more information or bookings, contact Talise on
+971 4 366 6818 or mjtalise@jumeirah.com



Restore, Recover & Recharge at Talise



RECOVERY

IDOME RECOVERY RITUAL

A 45-minute, touch-free experience combining far-infrared heat, plasma therapy and LED light to support recovery, reduce inflammation and leave you feeling refreshed and re-energised.

AED 600 | 45 MINUTES

CORTISOL RECOVERY WITH ICOONE®

A personalised 60-minute treatment combining icoone® micro-stimulation with grounding massage techniques to ease tension, support relaxation and restore physical and emotional balance.

AED 700 | 60 MINUTES

REINVIGORATE

COOLING PEPPERMINT HAMMAM RITUAL

A refreshing 60-minute hammam experience combining warm steam, traditional exfoliation, a cooling mint rhassoul mask and nourishing argan treatments, finished with a refreshing cold infusion and anti-fatigue body oil.

AED 600 | 60 MINUTES

DEEP BODY RESET WITH ICOONE®

A restorative 60-minute treatment combining icoone® technology with slow, intentional massage techniques to ease physical tension, support circulation and leave the body feeling lighter and refreshed.

AED 700 | 60 MINUTES

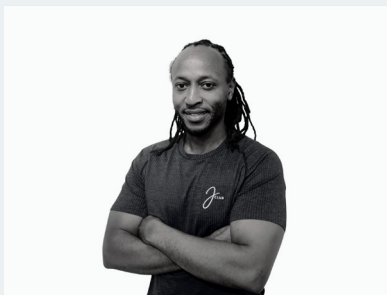


Trainer Spotlight

ERIC MURIUNGI

Eric takes a balanced approach to fitness, combining performance-focused training with restorative movement to help members feel stronger, more energised and resilient. His sessions are tailored to improve coordination, build lasting strength and support long-term wellbeing, with a focus on mindful movement, expert guidance and sustainable results.

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



KSENIIA BRATCHENKO

Kseniia combines Pilates, yoga and corrective strength techniques to help members move with greater control, strength and confidence. Her considered approach encourages a deeper connection with the body, while her calm energy creates sessions that are both empowering and restorative. She has also recently achieved her Strength and Conditioning certification through the NSCA Certification Committee, further enhancing her expertise in movement, performance and functional strength.

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Children's Activities Jumeirah Circle, Jumeirah Beach Hotel

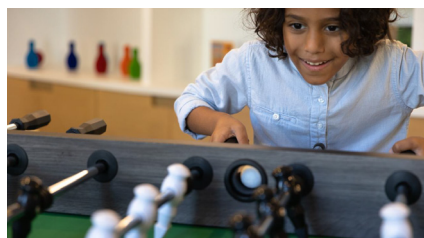


Throughout September, children can discover new ways to move, create and connect at Jumeirah Circle, Jumeirah Beach Hotel. With a variety of experiences thoughtfully designed to encourage coordination, creativity and confidence, there are plenty of opportunities to learn, play and make memorable moments along the way.

MINI YOGA

A playful introduction to yoga designed for little ones. Through simple poses, movement and mindful activities, children can develop balance, coordination and confidence while having fun in a relaxed and welcoming environment.

WEDNESDAYS | 11:30-12:30



TRADITIONAL GAMES

A fun opportunity for children to discover and enjoy traditional games, from Snakes & Ladders to other much-loved favourites, encouraging movement, teamwork and friendly competition. A playful way to connect with culture, make new friends and create memorable moments.

THURSDAYS | 15:00-16:30

BODY BEAT

An energetic and playful movement session where children can get active, have fun and express themselves through music and movement. A great way to build coordination, confidence and rhythm while keeping little ones moving.

FRIDAYS | 11:30-12:30



KIDS ZUMBA

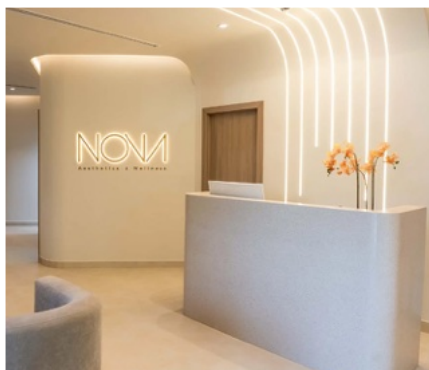
Get your little ones moving with Kids Zumba, a fun, high-energy dance fitness class designed for children. With easy-to-follow routines and upbeat music, kids will build confidence, coordination and fitness while staying active and having fun.

SATURDAYS | 11:30-12:30

Activities are suitable for children aged 4–12. View all activities available [here](#). To find out more, contact Jumeirah Circle JBHJumeirahCircle@jumeirah.com or call +971 55 500 8609



Discover What's New at Nova Clinic This September



Nova Clinic invites J Club members to explore a range of advanced wellness, recovery and aesthetic services, all designed to help you perform better, recover faster and look and feel your best.

PERSONALISED WELLNESS PROGRAMMES

Take a proactive approach to your health with Nova's tailored wellness programmes. Combining advanced diagnostics, expert medical guidance and personalised treatment plans, these programmes support energy levels, recovery, weight optimisation, stress management, sleep quality and long-term wellbeing. Each journey is designed around your individual goals to deliver measurable and sustainable results.

PEPTIDE PROTOCOLS FOR PERFORMANCE & RECOVERY

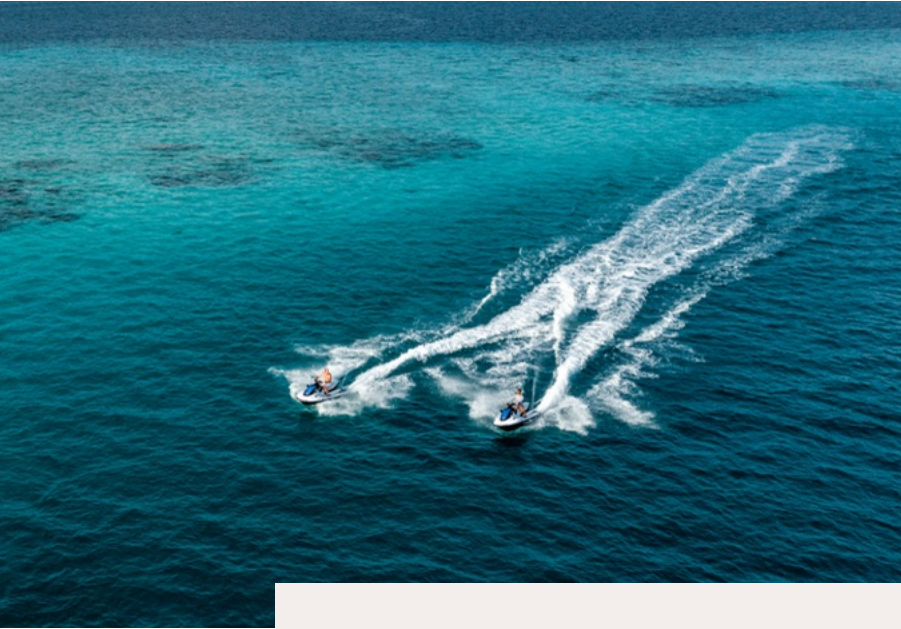
Enhance your training and recovery with personalised peptide protocols designed to support repair, recovery, metabolic health and physical performance. Whether you are looking to optimise athletic performance, improve recovery times or support overall vitality, Nova's expert-led protocols can help you get more from your active lifestyle.

ADVANCED AESTHETICS & REGENERATIVE TREATMENTS

Discover a complete range of aesthetic and regenerative therapies, including skin rejuvenation, body contouring and advanced wellness treatments. With a focus on personalised care and natural-looking results, Nova offers innovative solutions to help you restore confidence, vitality and overall wellbeing.

To book a consultation, visit the front desk in Nova Clinic at Jumeirah Mina Al Salam or reach out to the team on WhatsApp [here](#).

Beno Watersports



Make the most of the water with Beno Watersports. J Club members can enjoy a range of water-based activities at Al Naseem Watersports Hub, from kayaking and paddleboarding to social experiences designed to get you outdoors and active.

Whether you're looking to try something new, enjoy a session with friends or take in the coastline from the water, Beno Watersports offers an exciting way to add more adventure to your J Club experience.

BOOK YOUR EXPERIENCE

Savour the Season at Jumeirah

SALUTE TIME FIKA

Gather with friends and unwind at Fika's daily Salute Time. Enjoy handcrafted cocktails alongside an Italian-inspired sharing board of light bites in a relaxed setting.

Two cocktails and an Italian-inspired sharing board | AED 99 per person
Happy hour cocktails | AED 35 each

AVAILABLE DAILY FROM 16:00 TO 18:00



AFTERNOON TEA PEARL LOUNGE

Unwind with an elegant Afternoon Tea in sophisticated surroundings, perfect for catching up with friends and family. Savour a selection of delicate patisserie and savoury creations, accompanied by your choice of premium teas, coffee or champagne.

Soft package

AED 220 for one | AED 410 for two
Includes a selection from our exclusive tea and coffee collection

Bubbly package

AED 310 for one | AED 590 for two
Includes a glass of champagne per person

AVAILABLE DAILY FROM 14:00 TO 17:00



SUNDAY ROAST DHOW & ANCHOR

Round off your week with a classic English Sunday Roast. Choose from a selection of traditional roasts, including a vegetarian option, each served with all the classic accompaniments, including roasted potatoes, seasonal root vegetables, Yorkshire pudding and rich gravy.

**AVAILABLE EVERY SUNDAY FROM
12:00 TO 22:30**

What's On? In Dubai



DUBAI MALLATHON

Get moving and take on the Dubai Mallathon! A fun and energetic experience that brings together movement, community and wellbeing, encouraging participants of all ages to get active and enjoy an unforgettable morning of fitness and fun.

UNTIL 15 SEPTEMBER | 06:00-10:00
NUMEROUS LOCATIONS

[Discover more](#)

DUBAI BASKETBALL

Experience thrilling basketball action as Dubai Basketball returns. The city's professional basketball team is set to compete on two of Europe's biggest stages, the EuroLeague and the ABA League. Get ready for unmissable home fixtures against some of the world's top clubs as a brand new season begins.

FROM 24 SEPTEMBER | 20:00
COCA COLA ARENA

[Discover more](#)



thejclub.com
@jclubbyjumeirah



Contact our
team through
WhatsApp
below



**JUMEIRAH
BEACH HOTEL**

info@thejclub.com
Tel: +971 (4) 406 8872

**JUMEIRAH
MINA AL SALAM**

mjreception@thejclub.com
Tel: +971 (4) 366 6821

