

A photograph of a woman and a man relaxing on lounge chairs at night. The woman is in the foreground, wearing a dark blue top, and the man is behind her, shirtless. They are both looking away from the camera, enjoying the moment. The background shows a balcony with a railing and some plants, illuminated by warm, ambient lighting.

THE INNER CIRCLE

J CLUB MEMBERS NEWSLETTER
OCTOBER 2026





This October at J Club

As October begins, we're pleased to bring you another month of inspiring experiences designed to help you move, recharge and feel good at J Club. From energising fitness sessions and restorative wellness experiences to the annual Dubai 30x30 Challenge, family-friendly activities and exclusive club offerings, there's 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 October and continuing to create experiences that support your wellbeing, bring people together and make every visit feel worthwhile.

PEDRO MARQUES
Director of Fitness

Stories of J Club

Rasha, A Journey Spanning More Than 25 Years



Rasha has been part of the Jumeirah community for more than 25 years, dating back to the days of The Pavilion. Over the years, J Club has become woven into family life, creating memories that continue to span generations.

Some of her favourite moments are the simplest. Daily walks along the beach and through the gardens offer her a chance to enjoy nature, be present, reflect and relax. She also treasures time spent by the beach at Jumeirah Al Qasr or beside the lap pool at Jumeirah Beach Hotel, enjoying a book in the sunshine and taking a moment to pause.

One memory stands out in particular. During the lockdown period, when daily routines changed so dramatically, access to the beach offered a welcome sense of comfort and connection.

Today, seeing her children return to J Club as adults brings a feeling of nostalgia and pride. For Rasha, J Club is more than a place to visit. It is a second home, filled with cherished memories that continue to grow.



LIFESTYLE

Membership Benefits & Events



NETWORKING EVENING AT BAHRI BAR

Join fellow members for an evening of networking and conversation at Bahri Bar. Enjoy curated drinks and light bites while building new connections in an elegant and welcoming setting.

THURSDAY, OCTOBER 15 | 18:30
BAHRI BAR, JUMEIRAH MINA AL SALAM

MASTERCLASS WITH JANKO TIPSAREVIC

An exclusive tennis masterclass with former professional player Janko Tipsarević, former ATP World No. 8, four time ATP Tour singles champion and Davis Cup winner with Serbia. Drawing on experience at the highest level of the game, he will share insights into movement, match play and mental preparation through live demonstrations, interactive coaching and a personalised Q&A. Guests will also have the opportunity to play a point with Janko.

FRIDAY, OCTOBER 16 | 18:00 - 20:00
JUMEIRAH AL QASR, TENNIS COURTS

LADIES' PINK RIBBON TENNIS

Join us this Pink October for a special Ladies' Tennis Event in support of breast cancer awareness. Enjoy mat Pilates followed by friendly doubles matches as we come together to celebrate strength, raise awareness and support an important cause.

SATURDAY, OCTOBER 17 | 17:00
TENNIS COURTS, JUMEIRAH AL QASR

Children's Activities

Jumeirah Circle, Jumeirah Beach Hotel



Throughout October, children can enjoy a range of experiences at Jumeirah Circle, Jumeirah Beach Hotel, designed to inspire movement, creativity and connection. From active sessions to creative activities, there are plenty of opportunities to learn new skills, build confidence and enjoy time together. Designed for ages four to twelve.

CINEMA UNDER THE STARS

Gather the family for an evening of cinema under the stars at Jumeirah Circle. Enjoy a family-friendly film in the open air, with a relaxed setting for children and adults to settle in, unwind and enjoy the evening together.

**WEDNESDAYS, FRIDAYS,
SATURDAYS | 18:30**



CELEBRATE HALLOWEEN AT JUMEIRAH CIRCLE

Join us indoors at Jumeirah Circle on 31 October for a fun-filled Halloween celebration. Bring the little ones along for a day of spooky activities, creative workshops and family-friendly entertainment.

BOO-TIFUL PLAY DOUGH CREATIONS

Get creative with a fun Halloween-themed play dough session. Children can create their favourite spooky characters using colourful play dough while exploring their creativity and imagination.

10:00 - 11:00

MAKE YOUR OWN MONSTER

Bring a monster to life using a tissue box and your imagination. Children can get creative by decorating and transforming their boxes into their very own spooky creations.

11:30 - 12:30



Children's Activities

Jumeirah Circle, Jumeirah Beach Hotel

PUMPKIN PATCH COOKIE CREATIONS

Get into the Halloween spirit with a fun cookie decorating activity. Children can decorate their own Halloween cookies using colourful icing and spooky toppings.

13:00 - 14:00



SPOOKY GLAM STUDIO

Let the Halloween transformations begin with face painting, spooky hairstyles and fun makeovers. Children can choose their favourite Halloween look and get ready to show off their spooky style.

13:00 - 14:30

HALLOWEEN MASK MAKING

Design and decorate a Halloween mask inspired by your favourite spooky character. A fun creative activity where children can bring their imaginations to life.

10:00 - 11:00

DIY PAPER PUMPKIN WORKSHOP

Create your very own Halloween pumpkin using paper and decorations. Children can get creative with their designs and make a spooky pumpkin to take home.

16:00 - 17:00

SPOOKY DANCE

Get moving with a fun Halloween dance session filled with spooky tunes and playful movements. Children can show off their spookiest moves and dance along with friends.

17:00 - 18:00

CASTING AND MOULDING

Get creative with a hands-on casting and moulding activity. Children can explore different shapes and textures while creating their own unique Halloween-inspired creations.

15:00 - 16:00 | AED 120



HALLOWEEN COSTUME CREATIONS

Design and create your own Halloween costume with a fun, creative activity. Children can let their imaginations run wild as they bring their spooky costume ideas to life.

16:00 - 17:00 | AED 75

View all activities available [here](#).
To find out more, contact Jumeirah Circle
JBHJumeirahCircle@jumeirah.com or call +971 55 500 8609

What's New



J CLUB CONCIERGE

**Your dedicated point of contact
for member experiences**

The J Club Concierge has officially launched, making it easier to access your member benefits and arrange experiences across Jumeirah.

From hotel stays, to spa experiences or family brunches, our concierge team is here to assist with every detail through a single point of contact.

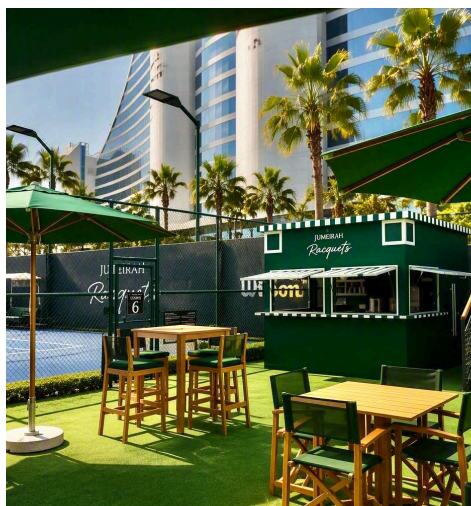
[Contact the J Club Concierge here](#)
or by messaging +971 52 985 7687

REFUEL AND UNWIND AT JUMEIRAH RACQUETS CAFÉ

Discover the new Jumeirah Racquets Café, located at the J Club tennis courts at Jumeirah Beach Hotel. A welcoming space to pause between matches, catch up with friends or enjoy a moment to yourself, the café offers refreshing drinks and nourishing bites to complement your day.

Whether you're refuelling after a game or simply enjoying the atmosphere, it's another way to make the most of your Jumeirah Racquets experience, on and off the court.

[View menu](#)



Your Experiences this October

Discover a new programme of experiences designed to bring movement, wellbeing and recovery into your October routine. From energising fitness sessions to restorative wellness experiences, explore new ways to stay active, feel good and make the most of your time at J Club this month.

BAREFOOT MOBILITY BY THE BEACH

A grounding movement session by the beach combining balance, mobility and gentle stretching with silent headphones, followed by calming breathwork to support mental wellbeing in recognition of World Mental Health Day.

SATURDAY, OCTOBER 10 | 08:00
JUMEIRAH BEACH HOTEL, NUSKA GARDEN



PINK CLASSES FOR BREAST CANCER AWARENESS

Join us for selected pink-themed classes in support of Breast Cancer Awareness. Wear pink to your class and enjoy pink refreshments and treats as we move, connect and feel good together.

TUESDAY, OCTOBER 20
CLASSES THROUGHOUT THE DAY
J CLUB, JUMEIRAH BEACH HOTEL

Your Experiences this October

ABRA MINDFULNESS JOURNEY

Step aboard a traditional abra and journey through the waterways of Madinat Jumeirah. Enjoy a guided mindfulness experience with silent headphones, combining storytelling, reflection and moments of stillness, while taking in the tranquil surroundings and beautiful views.

FRIDAY, OCTOBER 23 | 17:30
JUMEIRAH MINA AL SALAM



TECHNOGYM ROWING CHALLENGE

Get ready for the 30x30 Challenge with a rowing leaderboard. Push your pace, test your endurance and see how you rank against fellow members.

OCTOBER 27 - 29
J CLUB, JUMEIRAH BEACH HOTEL



PILATES BY THE BEACH

Breathe, move and reset with Pilates by the beach. Strengthen your core, improve flexibility and find your balance while enjoying the fresh sea breeze and calming surroundings.

FRIDAY, OCTOBER 30 | 08:00
J CLUB, JUMEIRAH BEACH HOTEL, NUSKA GARDEN

MYZONE DUBAI 30X30 CHALLENGE

Push your limits and climb the leaderboard with MyZone. Wear your MyZone heart rate monitor, get moving and earn your place at the top.

OCTOBER 30 – NOVEMBER 29
J CLUB, JUMEIRAH BEACH HOTEL

Talise Spa

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This season, discover a curated collection of treatments at Talise Spa, Jumeirah Al Qasr, combining personalised care with advanced wellness therapies. Available from October 15, each experience is complemented by a considered addition with our compliments, creating space for restoration, balance and renewal.



TALISE LONGEVITY BOOST

A restorative facial experience designed to revive the complexion and support overall vitality. A 60-minute Swiss facial is complemented by a Vitamin Boost IV. Limited to the first 50 bookings.

TALISE DETOX

A personalised massage experience designed to release physical tension and restore a sense of lightness. A 60-minute massage of choice is complemented by an iDome Detox Therapy session.

To book, email Talise Spa at MJinfo@jumeirah.com
or call **+971 4 366 8888**



Talise Spa



TALISE MOMENTS FOR TWO

A shared wellness experience designed to provide an opportunity to relax and reconnect, including 60 minutes of private access to the jacuzzi and steam facilities, followed by 60-minute Signature rituals.

TALISE THAI TREAT

A restorative 75-minute Thai massage designed to release tension and restore balance, complemented by lunch at Pai Thai. Available from Friday to Sunday.

To book, email Talise Spa at MJinfo@jumeirah.com
or call **+971 4 366 8888**

Personalised wellness, guided by Nova Clinic

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Take a more considered approach to your wellbeing with Nova Clinic's structured wellness programmes, designed to support recovery, energy, performance and long-term health.

From focused one-day resets to longer-term programmes, each pathway combines physician-led care with targeted therapies, diagnostics and recovery treatments tailored to your individual needs.

Choose from programmes ranging from one day to 12 months, including:

1 DAY | RELIEF AND STABILISATION

A focused reset combining physician consultation, ozone therapy, IV support, lymphatic drainage, red light therapy and cryotherapy.

3 DAY | PREVENTION AND BALANCE

A deeper protocol supporting recovery and balance through IV therapy, ozone, lymphatic drainage, red light therapy, cryotherapy and personalised peptide support.

5 DAY | PERFORMANCE AND EFFICIENCY

An intensive programme combining diagnostics, EBOO, IV therapy, recovery treatments, physiotherapy and personalised peptide support.

1 MONTH | REGENERATION AND REPAIR

A structured introduction to medical wellness with diagnostics, recovery therapies, physiotherapy and personalised support.

3, 6 AND 12 MONTH PROGRAMMES

Longer-term pathways designed around optimisation, longevity, nutrition, recovery and ongoing physician-led care.

Whether you are looking to reset, recover or take a more proactive approach to your long-term wellbeing, Nova Clinic offers a personalised pathway to support your goals.

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](#).



Savour the Season at Jumeirah

SHIMMERS RETURNS FOR LUNCH

From October, afternoons at Shimmers take on a gentler rhythm. Discover An Aegean Pause, a leisurely shoreside lunch experience featuring a thoughtfully crafted three course menu by Head Chef Emanuele de Leo. Savour Mediterranean flavours as sea views and warm coastal breezes set the scene.

AED 180

MONDAY TO THURSDAY | 12:30 TO 14:00

RESERVE



PAI THAI X BLUE ELEPHANT

For two exceptional evenings, Chef Amara Mahayothee and Master Chef Nooror Somany Steppe come together to present a specially curated dining experience. Bringing together signature dishes from Pai Thai and Blue Elephant, each menu celebrates the rich heritage, craft and distinctive flavours of Thai cuisine.

AED 395 per person for a three course set menu

AED 695 per person for a five course set menu

October 16 and 17 | From 18:00

RESERVE



SUMMERSALT REOPENS

From 28 September, Summersalt Beach Club welcomes guests back for the season. Spend unhurried days by the shoreline, enjoying Latin inspired flavours, refreshing drinks and a relaxed beachfront setting overlooking the Arabian Gulf.

BEACH CLUB: DAILY, 09:00 TO SUNSET

RESTAURANT: DAILY, 12:30 TO 00:00

RESERVE

What's On? In Dubai

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OCTOBER 2026



HOW TO TAKE PART

Register below to stay updated on events, classes and activities taking place across the city. Whether you're joining a city-wide event or simply finding 30 minutes to move each day, make this your month to move, connect and feel good.

[Register here](#)

DUBAI 30X30

Join Dubai in moving for 30 minutes a day, for 30 days, as part of the Dubai Fitness Challenge. Taking place from 31 October to 29 November, Dubai 30x30 is an invitation to make movement part of your everyday routine, whether through a workout, a walk, a class or one of the city's major fitness events.

Get involved in some of Dubai's biggest fitness experiences throughout the month:

DUBAI RIDE

1 NOVEMBER | 06:00

Cycle along a car-free Sheikh Zayed Road and take in some of Dubai's most iconic landmarks.

DUBAI STAND UP PADDLE

7 - 8 NOVEMBER

Head to Hatta Dam for two days of paddleboarding, with activities suitable for all ages and abilities.

DUBAI RUN | 22 NOVEMBER | 06:30

Take to Sheikh Zayed Road for the world's largest fun run, with 5km and 10km routes to choose from.

DUBAI YOGA | 29 NOVEMBER

Join Dubai's biggest yoga session at Zabeel Park, bringing together movement, mindfulness and community.

What's On? In Dubai



DUBAI COMEDY FESTIVAL

Laugh your way through Dubai Comedy Festival 2026, with 10 days of nonstop entertainment across the city. Bringing together internationally acclaimed comedians alongside rising regional and local talent, the festival transforms Dubai into the region's comedy capital.

October 9 - 18
Numerous locations

[Discover more](#)

DUBAI FASHION WEEK

Co-founded by Dubai Design District and the Arab Fashion Council, this week-long fashion showcase will feature exceptional homegrown brands from the UAE and the wider MENA region, as well as the international fashion world, presenting both streetwear and haute couture collections.

October 22 - 26
Dubai Design District

[Discover more](#)



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