



**DUBAI'S PRE-EMINENT  
LIFESTYLE AND WELLNESS CLUB**



# LIFESTYLE AND WELLNESS REDEFINED

The J Club at Jumeirah Beach Hotel is one of the region's premium lifestyle and wellness clubs. We are committed to holistic wellbeing infused with purpose and healthy lifestyle with direction. The J Club is a natural home for those who search out the best. It is real, it is unique, it is personalised and it engages all the senses. It is full of life.

The health club features a spacious 1,000 sq. m indoor workout space with the best-in-class equipment and technology. The J Club also offers three dedicated group exercise studios, six tennis courts, three squash courts, a lap pool and outdoor gym. Members also have exclusive access to the extensive beach and leisure facilities of the iconic Jumeirah Beach Hotel.

The club offers a wide range of personalised training programmes, expanding further into the fields of sports performance and endurance training, rehabilitation and holistic wellness services. It boasts well-established tennis, squash and swimming offerings, as well as extensive group exercise programmes and formats.

The J Club is also home to Fika, a unique dining concept by award-winning chef Izu giving members and diners the opportunity to enjoy a healthy snack or leisurely meal, all carefully crafted with wellness in mind and cooked using the best produce.

# THE J CLUB FACILITIES

- Gym floor & free weights area
- Full suite of group exercise classes across 3 internal studios and outdoor gym
- Gym floor classes
- 6 x tennis courts\*
- 3 x squash courts\*
- 25m lap pool
- Luxury changing facilities with steam, sauna, experience shower and ice fountain
- Membership events and talks
- Full Jumeirah Beach Hotel pool, beach and leisure access
- Watersports
- Complimentary Kids Club access for family memberships
- Complimentary annual assessment covering lifestyle, body and movement screening

\*Prior reservation required; includes complimentary tennis and squash racket hire



# THE J CLUB MEMBERSHIP BENEFITS

- 10 beach passes per membership (Resort memberships only)
- 20% discount throughout selected Jumeirah F&B outlets
- 20% discount on Spa treatments in Talise Spa at Jumeirah Beach Hotel
- 15% discount on Spa retail products in Talise Spa at Jumeirah Beach Hotel
- Complimentary non-motorised watersports
- Complimentary annual Wild Wadi Waterpark™ membership (Resort memberships only)
- Special member rates for tennis, squash, swimming lessons and clinics for adults and children\*\*

\*\*Prices available upon request







## PERSONAL TRAINING

Alongside its high-quality personal training offering, The J Club is home to a lifestyle management program that focuses on the key areas of movement, nutrition and recovery to help members reach their highest fitness and wellness goals.

Trainers will guide members through an in-depth scientific assessment that looks at every area of their health, to help coach and address their main barriers to progress.

This 360-degree approach ensures a personalised program in and out of the club.

## GYM

Members benefit from a “work-out with a view”, with 360-degree panoramic views of the sea and the iconic Burj Al Arab.

Prime fitness equipment offers the unique ability to isolate muscle groups, training them to their full range of motion, unlike any other equipment in the world.

With the latest cardio equipment from Technogym, Concept 2 and Keiser plus a bespoke free weights space, sledge track and functional movement space, members have access to the fullest range of training equipment to optimise their fitness.

The outdoor gym, offers over 150 sq. m of functionally designed workout space and a unique environment for individual or group workouts al fresco.



# TECHNOLOGY DRIVEN

The J Club uses numerous means of tracking and assessing its members, on and offline, including:

- MyZone wearables and displays throughout the club and in group classes. MyZone monitors heart rate, calories and time exercised, that convert into Myzone Effort Points (MEPs), with a focus on rewarding effort rather than fitness, creating a fully immersive group exercise experience for all.
- 3D scanner and InBody technology to measure and assess each member's health status workout.
- Technology-enabled cardio providing real time analysis and feedback.
- Train hard, recover smart. It's time to take care of your body. Introducing the Hypervolt massage therapy treatment. Whether you are training for competition, aching from a class, or recovering from injury, the Hypervolt massage therapy guns will aid your body efficiently and effectively to get you back to your best quicker and healthier. Detox your muscles and experience this new treatment on the gym floor.



## **Sculpt and strengthen your muscles and change the shape of your body.**

**J-CONDITION** is a fusion of intense short cardiovascular and functional training exercises. Using the most innovative tools like TRX, ViPR, and kettlebells, the class incorporates many different styles of training, including strength, core, cardio, speed, agility and flexibility in a fun environment.

**BODYPUMP™** is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Using barbells, this class will sculpt, tone and strengthen the entire body.

**J-FLOW** unlocks your muscles to unleash your potential with 45 minutes of posture-improving, stability-increasing dynamic stretching.



Using the latest AV and lighting, The J Club boasts 3 custom-designed and dedicated group fitness studios providing an extensive range of bespoke and exhilarating workout options for members, whatever their goals.



## CARDIO

Improve your cardiovascular system and burn calories.

**SPRINT™** is the ultimate HIIT experience on a bike. All it takes is 30 invigorating minutes to reap incredible results.

**RPM™** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

**J-INTERVAL** is our most effective time-focused total body workout that will maximize your energy expenditure, increase your endurance and provide satisfying results, fast!



## BODY AND MIND

Release stress, improve flexibility and strengthen your core.

**YOGA** Unify the mind, the body and the breath, beneficial for everyone. Improve flexibility and balance.

**PILATES** This class focusses on the fundamentals of movement from which we build a strong body. A fantastic rehabilitative class to really challenge your core strength, encourage proper posture and correct spinal alignment.

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



# TENNIS

Our purpose is to impart our love for the game of tennis, inspiring and coaching our members to become the best tennis players and people they can be.

With a thriving social tennis community, competitive team play, and world class coaching, The J Club is the tennis club of choice in Dubai.

Resident tennis experts, the Peter Burwash Institute run the tennis program at The J Club and offer an exciting range of instructional sessions and social activities for both adults and juniors.

From junior academy activity and competitions to adult groups, team and private lessons, there is something for every level of player.



## THE J CLUB SPECIALIST SPORTS PROGRAMMES





# SWIMMING

The J Club has a wide range of guided and coached swimming options, whatever the goal.

The masters swim programme links up like-minded members who are into swimming fast, getting fit, and enjoying every minute of it.

Masters swimmers are able to set up their own individual goals. Whether you are joining in for the social scene or wanting to race against the best, Masters swimming has something for everyone.

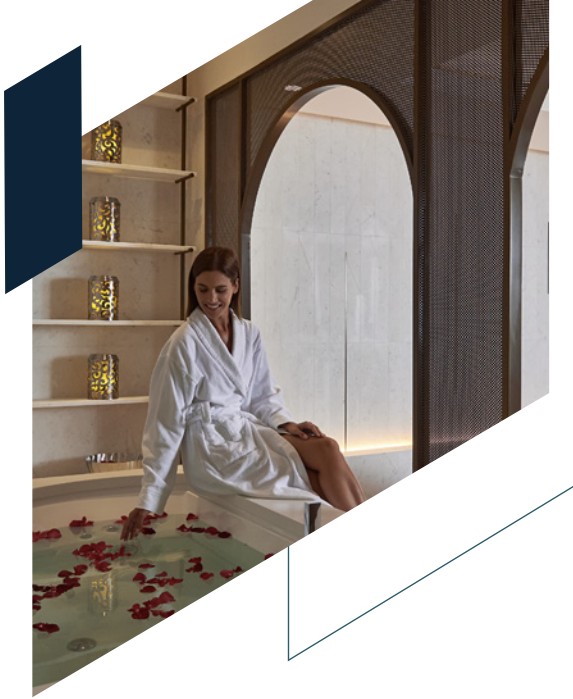
One on one and group swimming classes are also available for both adults and juniors.



# SQUASH

Are you ready to take your game to a new level? Through a combination of semi-private lessons, specialist clinics and social play, The J Club Squash program handles both training and on-site tournament coaching.

Together with strength and conditioning training, The J Club members will have the tools to perform and succeed world-class facilities.



## TALISE SPA

Talise Spa is a luxurious sanctuary with awe-inspiring views overlooking Burj Al Arab offering a sensory journey from land to sea.

Their team of skilled therapists is dedicated to delivering genuine results through specialised treatments, leaving you with feeling of pure renewal and revitalisation.

- 1,200 sq. m dedicated to wellness with an organic design soothing to the senses.
- Total of 9 single treatment rooms, a plush double suite with private wet facilities such as hammam, luxurious changing rooms with a range of facilities for both male and female guests, as well as a terrace overlooking the ocean.

## FIKA

FIKA is inspired by the Swedish practice of taking time out of the day to indulge in a tasty bite, or steaming cup of coffee. With a focus on refined, wholesome cuisine, FIKA serves up virtuous dishes with a hint of indulgence. The carefully crafted menu brings together the freshest ingredients and time-honoured techniques to ensure every dish is delicious, nourishing and healing. Just next door to Jumeirah Beach Hotel's J Club, the restaurant provides a much-needed sanctuary of solitude and modern hospitality.



# KIDS CLUB

Kids Club has a huge range of fun and fully supervised activities for children of all ages. As a member of The J Club, your children will receive complimentary entry to Kids Club, which is now open from 8:00am to 8:00pm daily. With activities ranging from splash fun, face painting to movie time and craft making, as well as a range of sports and beach games for older kids, there really is something for everyone! All activities take place within the resort and are supervised by our fully trained, professional team. A full room babysitting service is also available, at an additional cost with prior arrangement.





# THE J-CLUB

To find out more about The J Club,  
please contact +971 4 406 8800 or  
email [info@thejclub.com](mailto:info@thejclub.com)

## **Timings:**

Daily from 5:30am until 11pm

[thejclub.com](http://thejclub.com)

## **Social**

