



the shack

wellness at Vik

yoga pilates

Group classes

	USD
Single class	\$ 30

Packs

3 classes	\$ 80
5 classes	\$ 120
8 classes	\$ 190
10 classes	\$ 240
15 classes	\$ 360

Private Classes

	USD
Single class	\$ 120
\$15 for each additional person	

Packs are valid for 6 months

Use of sauna & steam room included

Yoga mats & props included

Prices are subject to change during peak seasons.



**STRENGTH
STUDIO**
at The Shack Wellness

More Strength, More Health

More Strength, More Health. We focus on conscious, safe, and effective strength training tailored to your specific needs, aimed at improving your functionality and overall health.

GROUP TRAINING

RESISTE

Strength-endurance via supersets.
Metabolic workout.

- Level II: Tue & Thu, 10am | 8pm
- Level III: Mon, Wed & Fri, 10am | 8pm

ESTRUCTURAL

Strength through progressive overload and tension control.

- Level II: Tue & Thu, 8am
- Level III: Mon, Wed & Fri, 8am

FUNCIONAL + FLEX – Functional exercises + stretching to improve mobility and flexibility: Sat, 10am

Packs

	USD
1 session	65
3 sessions	183
8 sessions	456
12 sessions	660

*(valid 3 months)

Monthly

	USD
2x/week	165
3x/week	220
5x/week	297

ONE-on-ONE (In-person & Online)

Tailored training plans with close guidance from our expert trainers.

Packs

	USD
1 session	132
3 sessions	330
8 sessions	600
12 sessions	840

*(valid 3 months)

Monthly

	USD
2x/week	370
3x/week	450
5x/week	760

Body Evaluation + Program

Includes 2 sessions, evaluation and delivery of personalized plan: USD 200

BENEFITS

- Free access to the gym and saunas (dry/steam) with all monthly plans.
- Packs provide access on session days only.
- Gym access is separate for Body Evaluation + Program.

CANCELLATION POLICIES

- Packs: Cancel 24 hours in advance at no cost. We'll reschedule based on availability.
- Monthly Plans: No rescheduling, even with notice.

Massage

Duration | 1 hour

Price | \$ 165 | Pack of 3 massages (1 hour) \$ 410

Duration | 1.5 hours

Price | \$ 220 | Pack of 3 massages (1.5 hours) \$ 540

Deep Tissue

Swedish

Shamanic Energy Healing

Lymphatic Drainage

Thai Massage

Japanese Facial Massage

Body Scrub

Facial

*By appointment only. Sauna and steam room are included.

THERAPEUTIC TREATMENTS

Acupuncture

Osteopathy

Guided Heat & Cold Exposure

Guided Breathwork

Sound Bath Ceremony

Craniosacral Therapy

Price | USD 165, per session

By appointment

Beauty & Care

	en USD
Manicure	85
Manicure with gel	110
Pedicure	100
Pedicure with gel	120
Mani Pedi	145
Mani Pedi with gel	180
Hair Styling	170
Blowout	120
Blowout + washing	140
Hairstyle	120
Haircut	100
Make up	240
Dermocosmetic peeling	240
Longevity & Health	240
Consultation with Dr. Maribe Ortigoza	

*By appointment only.



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Gym Membership

	USD
Month	\$ 150
Two weeks	\$ 100
Week	\$ 70
Day	\$ 50
Three month	\$ 270

Use of sauna & steam room included

Rest & Restore

Experience the deep healing benefits of infrared light with our Clearlight infrared sauna, followed by an amethyst crystal Biomat, and finalize with a mineral-infused bath.

Infrared Sauna & Biomat	USD
45 min. x 2 pax	\$ 65
60 min. x 2 pax	\$ 75
Sauna day pass	\$ 30

* Includes use of steam room, traditional dry sauna and showers