

PERFORMANCE TRAINING

POWERED BY AMP

BEAR TOOTH PERFORMANCE



INTEGRATED COMPREHENSIVE PROGRAMMING
» PERSONAL » GROUP » TEAM

(701) 317-2243 | 2940 GRAND AVE | BILLINGS



DAYNE DYER

Director of Performance,
Head Coach



ANNA KASPERICK

Registered Dietician
Nutritionist & Coach

Specific conditioning programs are available and ideal for athletes and teams preparing for the season, events, or to stay in condition year around. Speed and agility, endurance and strength plans focus on the specific demands of the sport, the position and the whole athlete.

Our partnership with AMP allows us to create specialized opportunities with registered dietitian, physical therapists, and sports medicine experts to help our team assist you on our way to unleashing your full potential.

Student Athlete? GET STRONGER.

Learn about our programs designed for your success!

We Help Athletes of All Ages, in All Sports to:

- » Give each individual a greater chance to reach their full potential
- » Help each individual increase their confidence and self-esteem
- » Decrease the potential chance for injury
- » Create an environment as positive, energetic, dynamic, and effective as possible
- » Utilize numerous resources to train and educate in fitness, nutrition and wellness
- » Foster a team atmosphere by promoting collaboration, accountability, focus, discipline, and attention to detail
- » **COACHED BY CERTIFIED STRENGTH & CONDITIONING SPECIALISTS**

Pricing AMP Performance Class Schedule: M-F • 3:30-5:00PM

*AMP performance runs year-round. Summer hours vary.

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| » Unlimited sessions: \$120 per month | AMP performance personal training by appointment only: |
| » 8 sessions: \$96 per month | » Dayne Dyer: \$100 per session |
| » Student athlete 1:1 nutrition consult with Registered Dietician: \$95 per session | » Anna Kasperick: \$75 per session |
| | » Austin Hanser: \$75 per session |

CONTACT US TO LEARN MORE ABOUT TEAM PRICING FOR IN AND OFF-SEASON TRAINING



ATHLETIC MEDICINE
& PERFORMANCE

Building A Better Athlete
SINCE 1992

DR. ELLIOTT | DR. HLEPPS | DR. BOWLER | DR. PHIPPS
AMPmontana.com

