



City of  
Litchfield  
Park

# Shop The Park

VOLUME 1, ISSUE 8

DECEMBER, 2014



## Coming Events

(Details on Pages 2 & 3)

- Flip N Furniture  
December 12.
- Christmas in the Park  
– December 13
- Fit Body Boot Camp  
Charity Event- Dec 13
- Native Amer. Festival  
--January 10/11

## Fit Body Boot Camp Combines Fitness and Nutrition

How does a former NFL player from the West Valley and a woman from Italy, end up running Fit Body Boot Camp, a fitness and nutrition center in Litchfield Park? The answer is a fun story. Margherita Riello grew up in Marostica, Italy, located near Venice. She went to architecture school and received a degree in visual arts. Fascinated with the US, she visited New York and then Miami where she had a friend. She stayed 5 years in Miami and then relocated to Denver. All along, Margherita worked in the restaurant business, both in Italy and the US. Food, fitness and nutrition are passions of Margherita. In Miami, Margherita also trained with the South Florida Boxing Team.

Michael Bell grew up in the West Valley, attending Tolleson High School where he became Arizona State High School Football Player of the Year his senior year. Recruited by many colleges, Michael went to the

She's From Italy  
He's From the NFL



**Fit Body Boot Camp owners,  
Michael Bell & Margherita Riello**

University of Arizona where he started all four years at running back. He gained 3,163 yards and scored 17 touchdowns.

(continued on page 3)





Farmer's Market on the Wigwam Lawn  
Art, Food and Gardening demonstrations  
Every Sunday from 9:00 am to 1:00 pm



### Christmas in the Park, Sat. Dec. 13

This free event is held at the Litchfield Park Town Center from 9 a.m. to 4 p.m. Bring the entire family for this fun-packed day! The craft show begins at 9 a.m.; the parade starts at 10 a.m. complete with marching bands, drill teams and floats. The day includes real snow, visits with Santa and live entertainment!



### Museum/Gift Shop Hours

Wednesday, Thursday & Friday  
10:00 am—4:00 pm

& by appointment—call 623-535-4414

13912 W. Camelback Road

# Di Carlo's

## ORIGINAL

# PIZZA

Est. 1945

Family Feeder Special \$24.99

- 16 Square Slices
- Choice of 2 Appetizers
- Cheesy Bread
- Bread Sticks
- Pepperoni Rolls
- House Salad

Wigwam Creek Shopping Ctr, Dysart & Indian School 623-535-5232

(Fit Body Book Camp, Continued from Page One)

Michael went undrafted by the NFL but was invited to the Denver Bronco's training camp in 2006. He had a very strong training camp, and before the Bronco's first preseason game, Bell was promoted to the starting tailback position.

Michael continued on to a successful NFL career with the Broncos, Saints, and Eagles. He played in Super Bowl XLIV in February, 2010. Michael last played football in the 2010 season. Throughout his NFL career, Michael maintained a home in Denver, which is where he met Margherita. Michael also has a passion for fitness and nutrition. After the dusk settled from his NFL career, Michael and Margherita decided to move back to Arizona and start their own fitness and nutrition business, Fit Body Boot Camp.

Located behind Ground Control on the Southwest corner of Litchfield and Camelback, they have been in business since August. Their approach is holistic, where nutrition is a major part of the program. They start off with a body evaluation and suggest a 21 day meal plan. Their fitness program is centered around classes, starting as early as 5:00 am and as late as 7:00 pm. The classes are small and there is a lot of

individual attention. It's really like having your own personal trainer. The classes are built around cardio, resistance and nutrition. They are flexible and can adapt to the needs of their client.



Michael and Margherita are flexible, but they do hold their clients accountable. They are results oriented and care about the people they train. They know everyone's name and tailor a program for everyone's needs. They also have various promotions and plans to fit a client's budget.

Michael and Margherita have two children and live in Litchfield Park. Margherita also works at the Wigwam. Fit Body Boot Camp is another locally owned business that makes Litchfield Park a special place. Check out their class schedule online at: fbbclitchfieldpark.com

**Flip N Furniture Holiday Event- Wigwam Creek Shopping Center**

FLIP N FURNITURE would like to invite you to our Holiday Event.

At the event we will present gift ideas for friends and family.

There will be:

- Refreshments
- Drawing
- A licensed massage therapist giving chair massages.
- A local author signing her latest book "HOW I LOST MY GLASS SLIPPER DANCING ON THE FRENCH SIDE OF THE MOON".
- Premier Design Jewelry with a fine display of items.
- Crack Pots with their tile work
- Wild Acacia Photography with unique gift ideas.

Please help from celebrate from 6pm - 8pm on Friday, December 12<sup>th</sup>.



**December at Fit Body Boot Camp**

Special Event- Saturday, December 13<sup>th</sup> for 11:00 to 1:00 pm

- Homes 4 Wounded Warriors Fundraiser
- Funds raised will benefit two Phoenix area Wounded Warriors, Army SFC Cory Remsburg and SGT John Ricketts.
- Three military-style boot camps will be held at 11:00 am, Noon and 1:00 pm
- Sign-up by email: litchfieldparkfbbc@gmail.com

Support for the New Life Center

- One free class with a \$5 donation
- Month of December



**Litchfield Park Native American Fine Arts Festival**

**The Taste and Texture of Tradition**

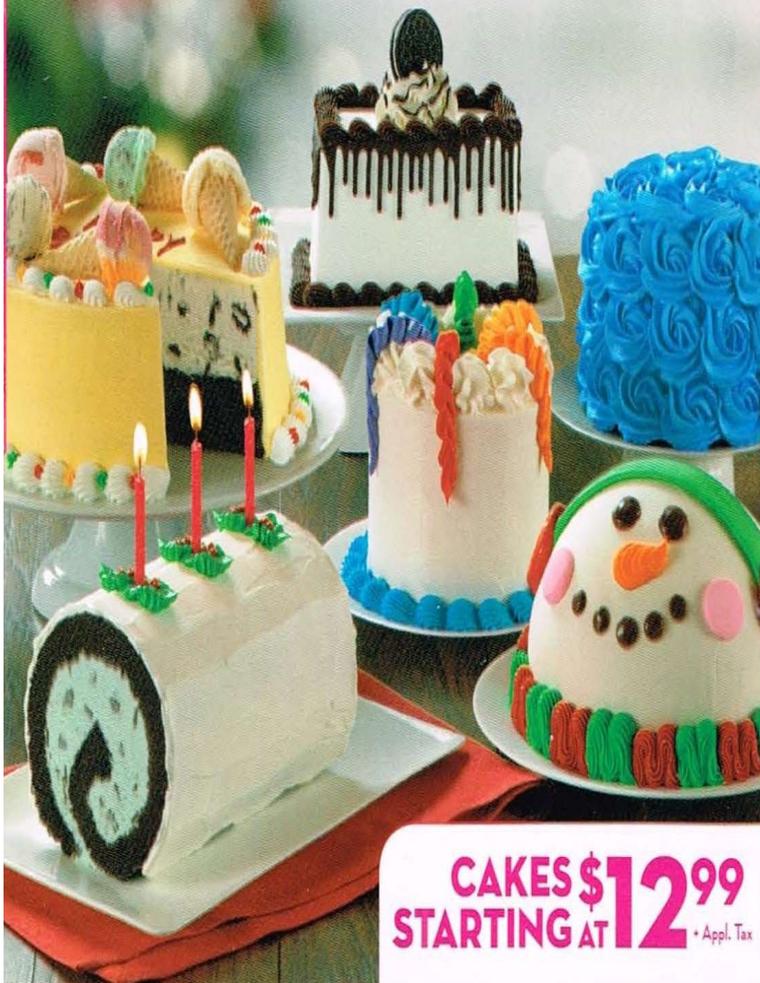
*Saturday and Sunday, January 10 & 11, 2015*

The 2015 festival will take place on the grounds of Litchfield Elementary School, 255 E. Wigwam Blvd., Litchfield Park, Arizona, 85340, on Saturday and Sunday, January 10 and 11, 2015. We are pleased to be returning to this location, right in the heart of Litchfield Park, across from the historic Wigwam Resort.



# Baskin Robbins specials located in the Wigwam Creek Shopping Center

SERVE UP A SLICE OF  
**HOLIDAY CHEER!**



**CAKES \$12.99**  
STARTING AT **\$12.99** \* Appl. Tax

**BUY ANY CONE\*, 99¢**  
GET ONE FOR **99¢** \* Appl. Tax  
(OF EQUAL OR LESSER VALUE)



\*Excludes all waffle cone varieties.

Limit one coupon per customer per visit. Coupon must be presented at time of purchase. Shop must retain coupon. No substitutions allowed. No cash refunds. Void if copied or transferred and where prohibited or restricted by law. Consumer must pay applicable tax. May not be combined with any other coupon, discount or promotion. Coupon may not be reproduced, copied, purchased, traded or sold. Internet distribution strictly prohibited. Cash redemption value 1/20 of 1 cent. Offer valid at participating U.S. Baskin-Robbins® locations. © 2014 BR IP Holder LLC. PLU: 2417 Expires 12/31/14



**\$1.00 OFF** Try Our  
YORK™ Peppermint  
Pattie Milkshake!  
ANY MEDIUM OR LARGE  
FROZEN OR ICED  
BASKIN-ROBBINS® BEVERAGE



Limit one coupon per customer per visit. Coupon must be presented at time of purchase. Shop must retain coupon. No substitutions allowed. No cash refunds. Void if copied or transferred and where prohibited or restricted by law. Consumer must pay applicable tax. May not be combined with any other coupon, discount or promotion. Coupon may not be reproduced, copied, purchased, traded or sold. Internet distribution strictly prohibited. Cash redemption value 1/20 of 1 cent. Offer valid at participating U.S. Baskin-Robbins® locations. © 2014 BR IP Holder LLC. The York™ trademark and trade dress are used under license. PLU: 2421 Expires 12/31/14



**\$3.00 OFF**  
ANY CAKE\*  
(MINIMUM \$15 CAKE PURCHASE)

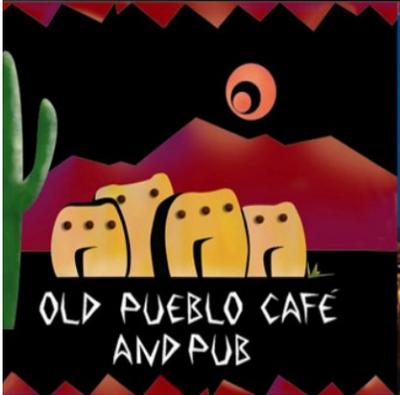


\*Valid in store only. Not valid on online purchases.

Limit one coupon per customer per visit. Coupon must be presented at time of purchase. Shop must retain coupon. No substitutions allowed. No cash refunds. Void if copied or transferred and where prohibited or restricted by law. Consumer must pay applicable tax. May not be combined with any other coupon, discount or promotion. Coupon may not be reproduced, copied, purchased, traded or sold. Internet distribution strictly prohibited. Cash redemption value 1/20 of 1 cent. Offer valid at participating U.S. Baskin-Robbins® locations. © 2014 BR IP Holder LLC. PLU: 2426 Expires 12/31/14



# Support the businesses of Litchfield Park



Peoria Artisan Brewery



Shop the Park is a publication of the City of Litchfield Park, AZ Economic Development program. Any input or questions should be directed to Jim Rumpeltes, 623-640-3778 or jrumpeltes@litchfield-park.org.

# Litchfield Park Business Directory

**Grocery** Albertsons 623-535-7991  
**Fuel Station** Valero Corner Store 623-535-7991

## DOWNTOWN

*Wigwam Boulevard & Old Litchfield Road*

### Dining

Blu Sushi 623-535-4935  
Litchfield's \* 623-742-7337  
Old Pueblo Café 623-935-5059  
Park Café 623-535-6661  
Red's Bar & Grill \* 623-856-1094  
Taps 623-935-2037  
The Litchfield Taproom 623-536-4804

### Service Providers

Essential Properties 623-932-2000  
Edward Jones Investments 623-935-3138  
Elizabeth Arden Red Door Spa \* 623-535-4967  
Ellsworth & Warren Family Dentistry 623-935-9376  
Fringe Salon 623-935-0505  
Haircutters in the Park 623-935-9505  
Henry's Barber Shop 623-935-7467  
Morrissette Martial Arts 623-935-0400  
Smith Law Offices 623-935-2870  
Vanderbilt Realty 623-512-1314  
Wigwam 623-935-3811  
Wigwam Golf 623-935-9414

## PLAZA IN THE PARK

*Litchfield & Camelback*

### Dining

Ground Control 623-535-9066  
La Loma Mexican Grille 623-935-0981

### Service Providers

Allstate Insurance 623-486-1828  
Bradley Chiropractic Center 623-547-0922  
CVS /Pharmacy 623-547-4799  
Edward Jones Investments 623-935-3959  
Fit Body Boot Camp 623-536-2537  
Glamor Nails & Spa 623-536-3330  
Litchfield Center for Restorative Dentistry 623-935-5055  
Litchfield Park Pool Service & Supply 623-935-5121  
NR Chiropractic 623-512-8568  
Salon Glow 623-536-6288  
The Smoke Shop 623-535-1010  
Wee Care Corporation 623-935-6040  
Wright Orthodontics 623-547-2020

### Pharmacies

CVS/Pharmacy 623-547-4799  
Osco Pharmacy (*in Albertsons*) 623-535-7153

## WIGWAM CREEK SHOPPING CENTER

*Indian School and Dysart*

### Dining

China Red Café 623-535-7599  
Di Carlos Original Pizza 623-535-5232  
KFC 623-535-5528  
McDonald's 623-935-7710  
Señor Taco 623-935-0343  
Subway 623-536-9401

### ... and Dessert

Baskin Robbins 623-535-4488

### Service Providers

Albertsons 623-535-7991  
Compass Bank 623-547-2440  
Cowtown Skateboards 623-536-2345  
Embassy Tanning 623-935-0021  
Fantastic Sams 623-535-3989  
Flip N Furniture 623-536-3426  
Goodyear Tire & Auto Service Center 623-536-0613  
Lavender's Day Spa 623-547-0204  
Leslie's Swimming Pool Supplies 623-547-3807  
O'Reilly Auto Parts 623-536-0490  
Osco Pharmacy (Albertsons) 623-535-7153  
Sun West Nails 623-547-3844  
US Bank (Albertsons) 623-536-2407  
Valero Corner Store & Fuel Station 623-535-7991  
Wigwam Creek Dental Care 623-547-0010

## LA LOMA MEDICAL PLAZA

## LA LOMA VILLAGE – SR. LIVING

*Litchfield & Camelback*

### Health & Well-Being Providers

Academic Urology & Urogynecology of AZ 623-547-2600  
La Loma Internal Medicine & Pediatrics 623-975-8400  
Lab Corp 623-536-7477  
Litchfield Dental Care 623-547-0307  
Pinnacle Family Medicine 623-935-9600  
Ralph B. Rabin, DPM 623-846-9000  
Roschamboe Medical Office 623-535-5488

### La Loma Village

La Loma Health Care Center 623-537-7400  
La Loma Community 623-537-7500