



City of
Litchfield
Park

Shop The Park

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Health & Wellness: Fit Body Boot Camp's Goal



Building and supporting a healthy community is the goal of Fit Body Boot Camp in Litchfield Park. Opening in September of 2014, Margherita Riello and Michael Bell have built a loyal following of health and fitness advocates in Litchfield Park. Some of their current clients started when the business opened over 2 years ago.

Fit Body cares about their members and considers them family. They call them their Fit Body Family. The fitness sessions include small group training for any fitness level with certified instructors. They make the workouts a fun experience and their trainers are knowledgeable and truly care about the members. The environment is positive and supportive, and stresses a long-term commitment to a healthy lifestyle. Margherita says, "I want people to be happy and I want them to get results." All new clients start with an orientation to discuss goals and the proper approach and form to the fitness sessions. They also provide meal plans and guidance to their members on nutrition.

Engaging and contributing to the community is another major part of Margherita and Michael's philosophy. Speaking at schools is a common activity for both. Margherita enjoys discussing goal setting, and the importance of education, healthy lifestyle and fitness.

Michael also speaks about health and fitness, and his career in the NFL as a running back. They have also started a Facebook page called Fit and Healthy Litchfield Park. The page has informational videos with local medical staff, and numerous tips and recipes.

<https://www.facebook.com/groups/litchfieldparkfitness/>

Consistency and commitment is a common theme for Fit Body Boot Camp members, and they are very supportive of each other. This and the positive tone have built a priceless community of members. They have monthly special and member appreciation events, and friendships are abundant.

They just finished an activity to bring awareness to suicide of military veterans. Fit Body also sponsored the City of Litchfield Park's 5K run in February. If you want to get fit and start a healthy lifestyle, or promote a community cause, contact Margherita.

<https://www.fitbodybootcamp.com/litchfieldparkfitnessbootcamp/>

"We are a family that is motivated to better the health and wellness of Litchfield Park! By being in this group, we are taking a stand in favor of healthy choices, both in what we eat and how we stay physically fit. We gather here to ask questions, share information, and contribute to helping our neighbors lead healthier lives" Litchfield Park Fit Body Boot Camp Facebook Group Description



Fit Body owner Margherita Riello with LP Mayor Tom Schoaf

SHOP, DINE AND WORSHIP IN LITCHFIELD PARK

Did you know that when you shop and dine in your hometown of Litchfield Park, a portion of the sales tax you pay provides revenue to the City of Litchfield Park for expenses of municipal services such as: park and road maintenance, Recreation Center activities and programs, police and fire contracts, code compliance, and other operational needs? Did you know that, until recently, Albertsons—who has been a staple in the City since 2003—was the only grocery store located within the City? In August of 2016, we welcomed Fry's Marketplace as an additional food, apparel and home goods shopping experience. We are confident that these two stores offer the variety needed to meet the many different needs of local shoppers.

Since our community is much smaller than others in the Valley and does not assess a local property tax, sales tax revenue has a great impact on our City budget. I realize that our City does not offer shopping and dining to meet all needs, but I would encourage you to help keep your tax dollars at home by shopping and dining in Litchfield Park whenever possible. Keep in mind the sales tax you pay in Litchfield Park stays in Litchfield Park to help pay for City services. Help us keep Litchfield Park sales tax in our own community.

Worship

Vastago Epicentro 447 S. Old Litchfield Road	623.398.7937	The Church at Litchfield Park 300 N. Old Litchfield Road	623.935.3411
St. Peter's Episcopal Church 400 S. Old Litchfield Road	623.935.3279	The Church of Jesus Christ of Latter-Day Saints 301 W. Wigwam Boulevard	623.536.3463

DOWNTOWN

Wigwam Boulevard & Old Litchfield Road

Dining

Blu Sushi	623.935.9730
Litchfield's *	623.935.3811
Old Pueblo Café	623.935.5059
Park Café	623.535.6661
Red's Bar & Grill *	623.856.1094
Ribbons Tea House	623.536.8119
The Lazy Palm Sports Grill	623.518.6388
The Litchfield Taproom	623.536.4804

* Located at the Wigwam



Service Providers

Charity Realty	623.536.5010
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
Homesmart	623.335.7747
King Enterprises	623.935.5101
Lend Smart Mortgage	623.335.7747
Litchfield Elementary School District #79	623.535.6000
Litchfield Park Cross Fit	623.695.6449
Litchfield Park Old Fashion Barber Shop	623.535.0300
Morrisette Martial Arts	623.935.0400
Smith Law Offices	623.935.2870
St. Peter's Montessori School	623.935.7737
The City of Litchfield Park Preschool	623.935.9040
Tri West Realty	623.536.9378
Wigwam Resort	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
Banner Health Clinic	623.474.8370
Core Body Pilates West Valley	623.285.5462
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
Little Sunbeams Preschool	623.935.0422
Moody's Smoke Shop	623.535.1010
Real Aztate	623.223.1663
Share More Smiles Orthodontics	623.547.2022
The Beauty Box	623.535.3893
Wee Care Corporation	623.935.6040

WIGWAM CREEK SHOPPING CENTER

Indian School and Dysart

Dining

China Red Café	623.535.7599
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
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Service Providers

Albertsons	623.535.7991
Anytime Fitness	623-935-2737
Compass Bank	623.547.2440
Cowtown Skateboards	623-536-2345
Embassy Tanning	623.935.0021
Fantastic Sams	623.535.3989
Goodyear Tire & Auto Service Center	623.536.0613
Hacienda Del Rey	623.498.8682
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 – SENIOR LIVING COMMUNITY
 Camelback Road



Health & Well-being Providers

Academic Urology & Urogynecology of Arizona	623.547.2600
Lab Corp	623.536.7477
Litchfield Dental Care	623.547.0307
Pinnacle Family Medicine	623.935.9600
Roschamboe Medical Office	623.535.5488

La Loma Village

La Loma Health Care Center	623.537.7400
La Loma Community	623.537.7500



LITCHFIELD MARKETPLACE
 Camelback & Litchfield Roads

Dining

Hot Bagels & Deli #1	623-243-9071
Jack in the Box	623.594.4273
Little Caesars Pizza	623.594.8312
Panda Express	623.536.1016
Starbucks Coffee	480.285.8886
Times Square Italian Restaurant	623.322.7437



Service Providers

Cute-icle Nails Spa by Kelly	623.536.1994
Fry's Fuel Center	623.334.7735
Fry's Marketplace	623.334.7735
MedPost Urgent Care	928.323.8112
Oasis Dental Spa	480.822.7659
Pet Planet	480.924.2347
Supercuts	623.935.3112
The Little Clinic (<i>located in Fry's</i>)	623.334.7745