



# OFFICE/MEDICAL FOR LEASE

 SAN DIEGO  
BODY CONTOURING

*virtual  
tour*



**8090 PARKWAY DR.  
SUITES 200 & 201**

8090 Parkway Dr., La Mesa, CA 91942

An aerial photograph of a commercial property. The central focus is a large, light-colored, multi-sided building with a flat roof and several skylights. To the right of the building is a paved parking lot with several empty spaces. In the foreground, there is a road with a roundabout and some landscaping including palm trees and a small green lawn area. The background shows a parking lot with several cars parked.

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# EXECUTIVE SUMMARY

The available second-floor space is ideally suited for medical, wellness, or professional office users seeking a strategic location with high exposure and consistent traffic flow. Positioned along a primary arterial, the building benefits from significant daily vehicle counts, enhancing both visibility and branding potential.



OFFERED AT

CALL FOR PRICING

UNIT SIZE

1,357-2,715 sqft

ZONING

Office- Medical Office

STATUS

Spec Build-Out | Vacant | Move-in Ready

PARKING

10 Unassigned Spaces

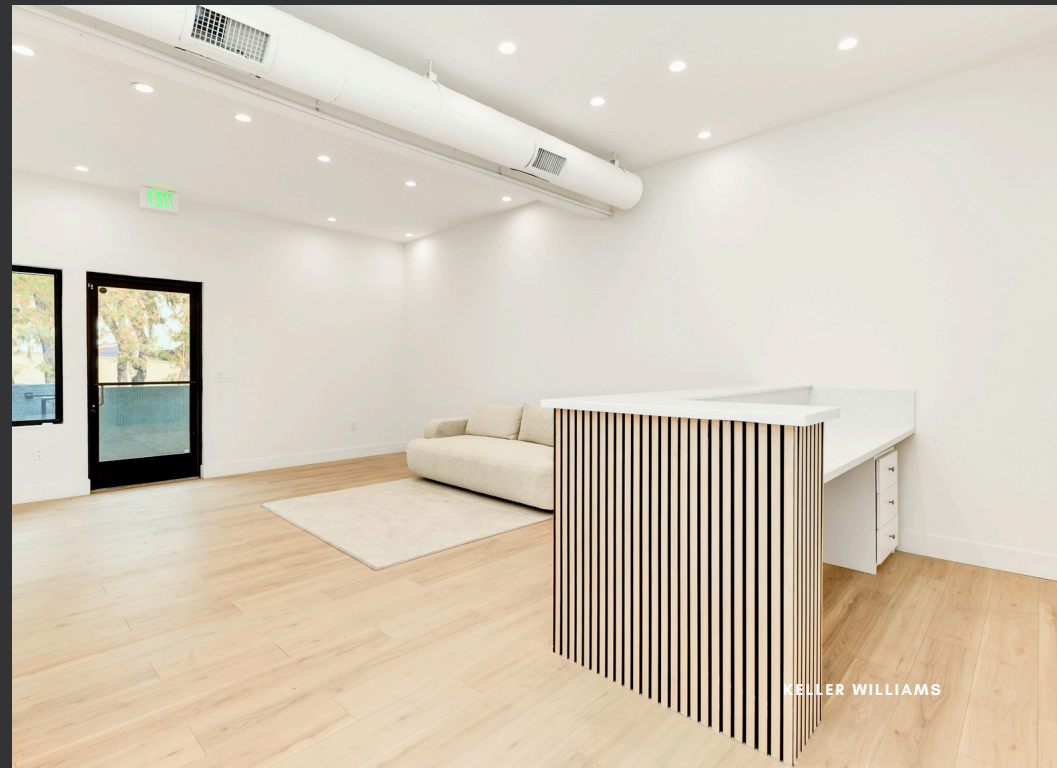
# PROPERTY OVERVIEW

Built in 1981 and renovated in September 2025, this two-story medical office building features strong street visibility, prominent signage opportunities, and convenient access to major thoroughfares, making it an ideal location for medical and professional office users.



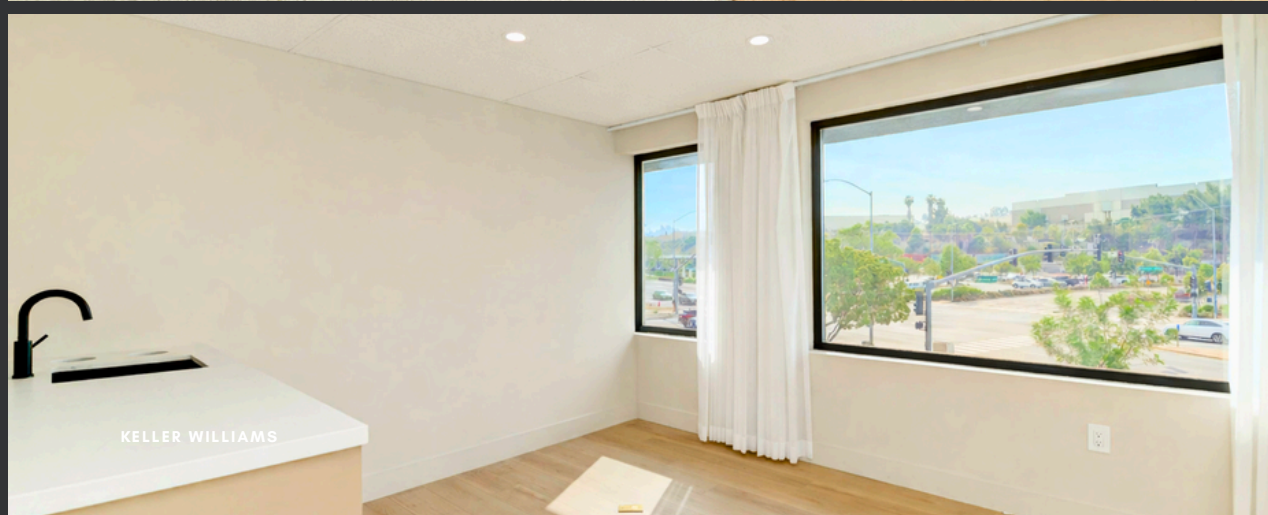
# PROPERTY SUMMARY

Suites 200 & 201 total roughly 2,715 sqft of functional and efficient high end spec medical office buildouts. Suite 201 is currently being built out for an Operating Room. Large windows provide abundant natural light, creating a bright and professional environment for both staff and clients. The building's existing medical configuration allows for a streamlined move-in process, minimizing downtime and buildout costs for prospective tenants.



# SUITE 200

±1,356 SQFT



# SUITE 200

## FLOOR

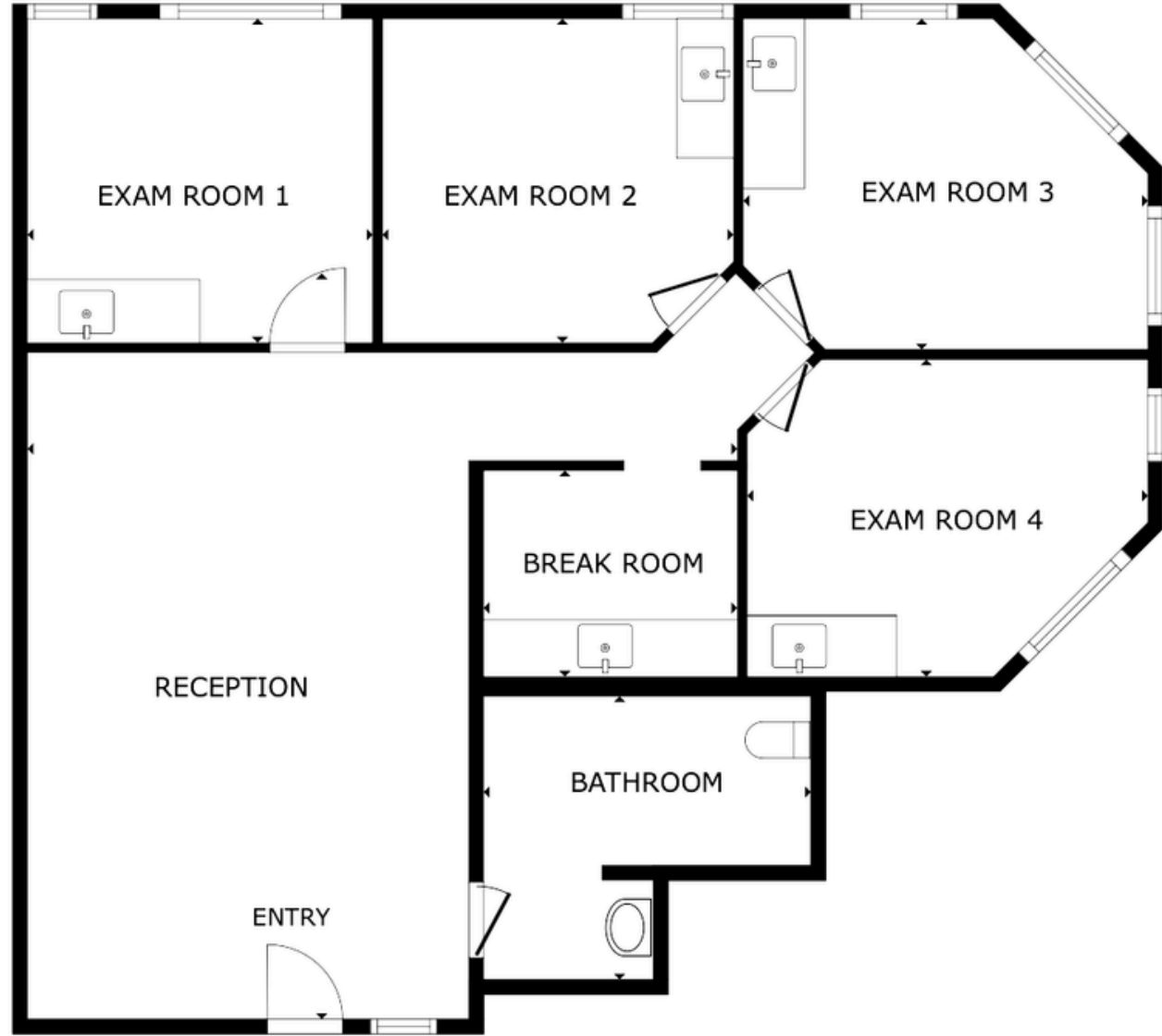
## PLAN

±1,356 SQFT

**virtual  
tour**

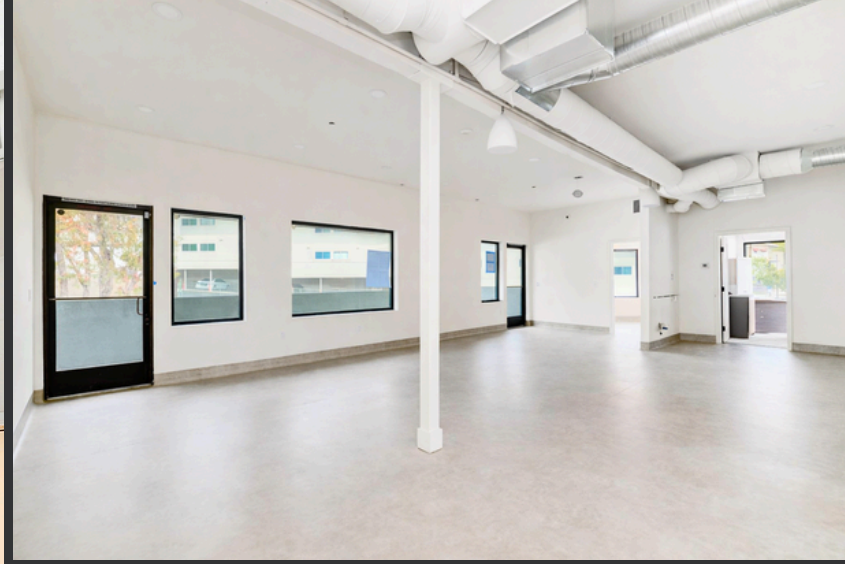


SUITE 200 MATTERPORT



FLOOR PLAN

**SUITE 201**  
**±1,356 SQFT**

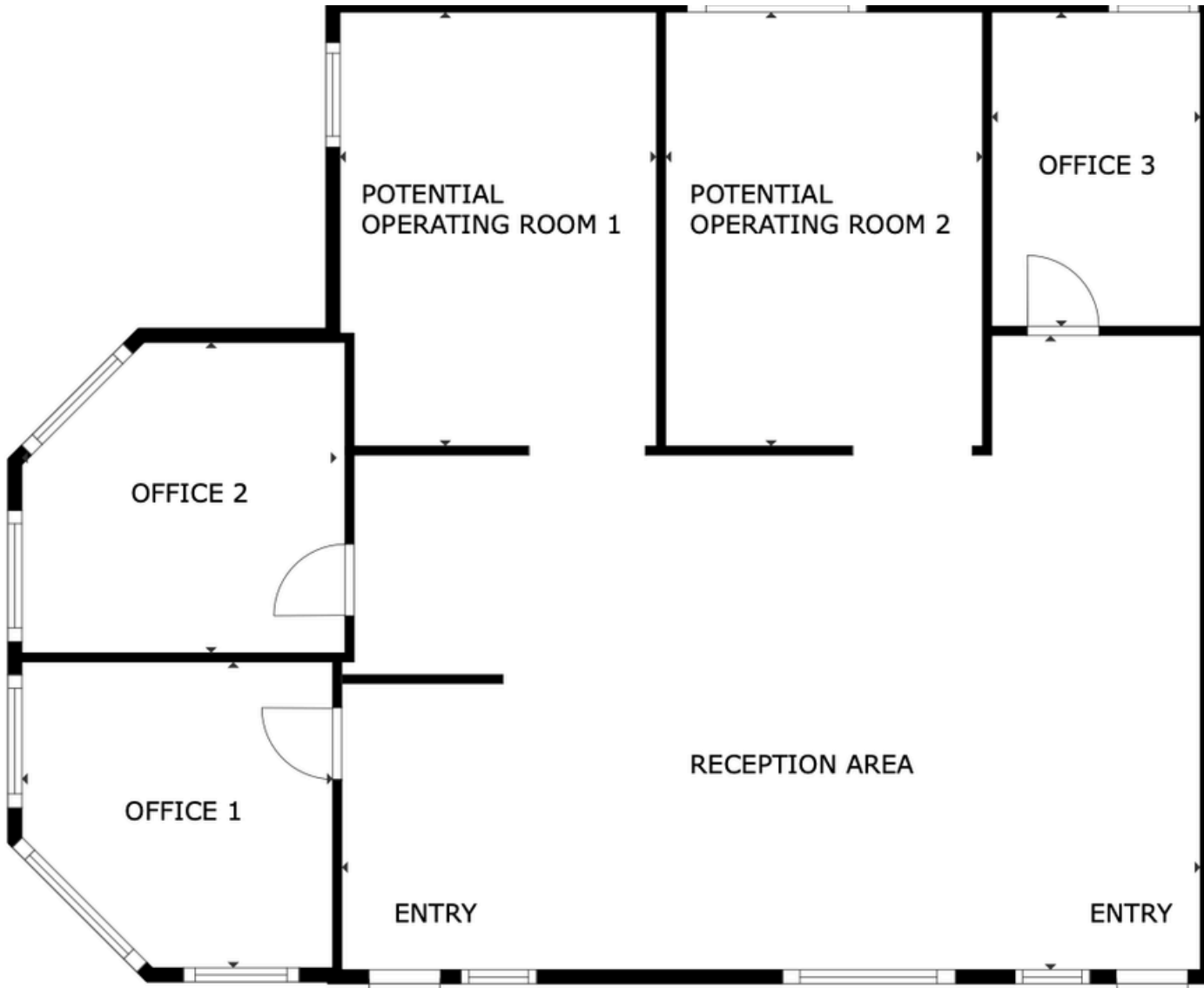


# SUITE 201

FLOOR

**PLAN**

±1,356 SQFT



SUITE 201 MATTERPORT



**SUBJECT PROPERTY**

**+26,000 ADT**  
(SANDAG)

**+19,500 ADT**  
(City of San Diego)

**+19,000 ADT**  
(City of San Diego)



Cowles Mountain

Fletcher Hills



**SUBJECT PROPERTY**

El Cajon

Lake Murray



Alvarado Estates

Mt. Helix

La Mesa



- 01 Grossmont Medical Center

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- 02 La Mesa- Sharp Hospital

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- 03 UC San Diego Medical Center (East Campus)

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- 04 San Diego State University

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- 05 Gillespie Field (airport)





*Jewel of*

**LA MESA**

*the*

DOWNTOWN

Inc. 1912  
VILLAGE

STOP



## **HIGH-TRAFFIC RETAIL COORIDOR ADJACENT TO COSTCO & COSTCO GAS**

*Located along Parkway Drive in the heart of La Mesa’s primary retail corridor, the subject property is positioned within a highly trafficked commercial node anchored by Costco Wholesale and supported by a strong mix of national and local retailers. This location benefits from consistent daily consumer draw, driven by both destination retail and commuter traffic flowing through the intersection.*

Surrounded by established neighborhoods and dense residential pockets, the property captures a built-in customer base of families and working professionals. Its proximity to major thoroughfares provides seamless connectivity throughout East County and into central San Diego, while nearby retail, dining, and service-oriented businesses contribute to a steady and diverse flow of foot and vehicle traffic.

This business-friendly corridor continues to attract a stable mix of medical, professional, and service tenants, supported by strong underlying demographics and ongoing residential demand in the surrounding area.

### **Key Highlights:**

- Direct adjacency to Costco Wholesale, a dominant regional traffic driver
- ±26,000 ADT along Parkway Drive with strong intersection exposure
- Dense surrounding residential population with consistent consumer demand
- Established retail corridor with national and local tenancy
- Convenient access to major East County and San Diego employment centers

**12**

MILES TO SAN  
DIEGO  
INTERNATIONAL  
AIRPORT

**72**

WALK SCORE -  
“WALKER’S  
PARADISE”

**±10**

OFF STREET PARKING  
SPACES DESIGNATED FOR  
UPSTAIRS TENANTS

**6.3%**

MEDICAL OFFICE SAN  
DIEGO OFFICE VACANCY  
RATE (Q3 2025)



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