



2,500 SF OFFICE/MEDICAL USE FOR LEASE



Property Features

- 5,000 SF building
- 2,500 SF (entire second floor) is fully air-conditioned
- Layout includes conference room with adjacent restroom, private office, kitchen/staff room, locker with adjacent restroom, massage/aromatherapy room, and open area formerly used for exercise/therapy
- Versatile layout is functional for general office, wellness or therapy use
- Located minutes from Routes 4, I-95, and I-80 offering regional access
- Walk Score of 85 due to its proximity to shopping, amenities and easy connections to the broader NYC metro region
- Strong location in Teaneck's bustling Plaza commercial district
- Zoned B1 for varied commercial use

FOR MORE INFORMATION

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SUMMARY & OVERVIEW



Property Description

This well-positioned, highly visible two-story commercial building is 5,000 SF offering a freshly vacant, 2,500 SF fully air-conditioned space. Tailored previously for healthcare or wellness the space is complete with the following:

- Conference room with adjacent restroom
- Private office
- Eat-in kitchen
- Locker room with adjacent restroom
- Office previously used for massage/aromatherapy

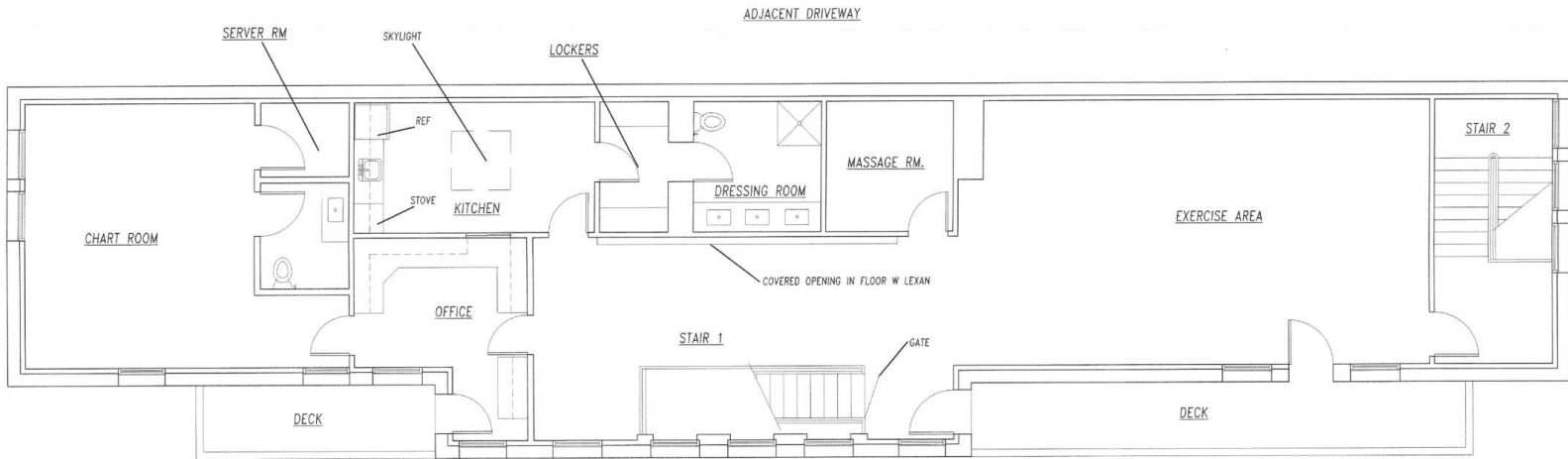
Location Description

Located in the heart of Teaneck—one of Bergen County’s most vibrant commercial corridors—194 The Plaza benefits from high visibility and accessibility. The surrounding area, known locally as The Plaza, sits at the intersection of major thoroughfares like Route 4 and near I-95 and I-80, making it a strategic spot for commuters.

Teaneck itself is a dynamic, diverse township within the NYC metro area immediate access to shops, eateries, and services, enhancing convenience and appeal.

Demographics

	1 Mile	3 Miles	5 Miles
Total Households	8,107	74,024	170,188
Total Population	25,397	205,492	459,815
Average HH Income	\$192,623	\$155,763	\$154,181



RETAILER MAP

194
The Plaza
TEANECK, NJ

