

NAI Glickman Kovago & Jacobs



PRIME MAIN ST RETAIL | FOR LEASE
3,840 SF | DIVISABLE TO 1,200 SF

**1406 MAIN STREET
WORCESTER MA**

FOR LEASE



- 3,840 SF of flexible ground-floor space — divisible to $\pm 1,200$ SF to accommodate single or multi-tenant configurations

- Former gym/fitness build-out — open layout, and restroom/shower facilities in place.



- Prime Main Street frontage — high-visibility location along Holden's primary commercial corridor with direct street exposure

- Strong daily traffic counts — Route 122A/Main Street serves as the town's core arterial, delivering consistent vehicle counts from commuters and local residents



PROPERTY OVERVIEW

LEASE RATE: \$18 PER SQ FT (MG)

LEASE TERM: NEGOTIABLE

AVAILABILITY: 8/1/2026

BUILDING SIZE: 8,176 SF

AVAILABLE SF: 3,840 SF

PARKING: 50 SPACES

TENANCY: MULTIPLE

TRAFFIC COUNTS: 20,000 AADT

HOLDEN MARKET



RETAIL MARKET

Holden is an affluent residential town in Worcester County, directly north of Worcester. With a population of 20,064 and a median household income of \$141,923, the trade area carries strong, stable purchasing power that supports neighborhood retail, service, and fitness uses.



RESIDENTIAL BASE

A stable, owner-occupied housing base anchors the market. With a median age of 41.5 years and incomes well above county and state averages, Holden households generate dependable year-round spending across the Main Street trade area.



ACCESSIBILITY

Route 122A/Main Street runs as Holden's core north-south arterial, carrying residents directly into Worcester and its employment centers. The corridor links the town's residential neighborhoods to its commercial district, channeling consistent commuter and local traffic past the 1406 Main Street frontage.



ECONOMY

Holden functions as a bedroom community to the Worcester metro, the economic hub of Central Massachusetts. Proximity to Worcester's job base, healthcare institutions, and regional highways gives the town durable demand fundamentals and a deep, reliable consumer pool.

PHOTOS



DEMOGRAPHICS

**1406 MAIN STREET
WORCESTER | MA**

1406 Main St

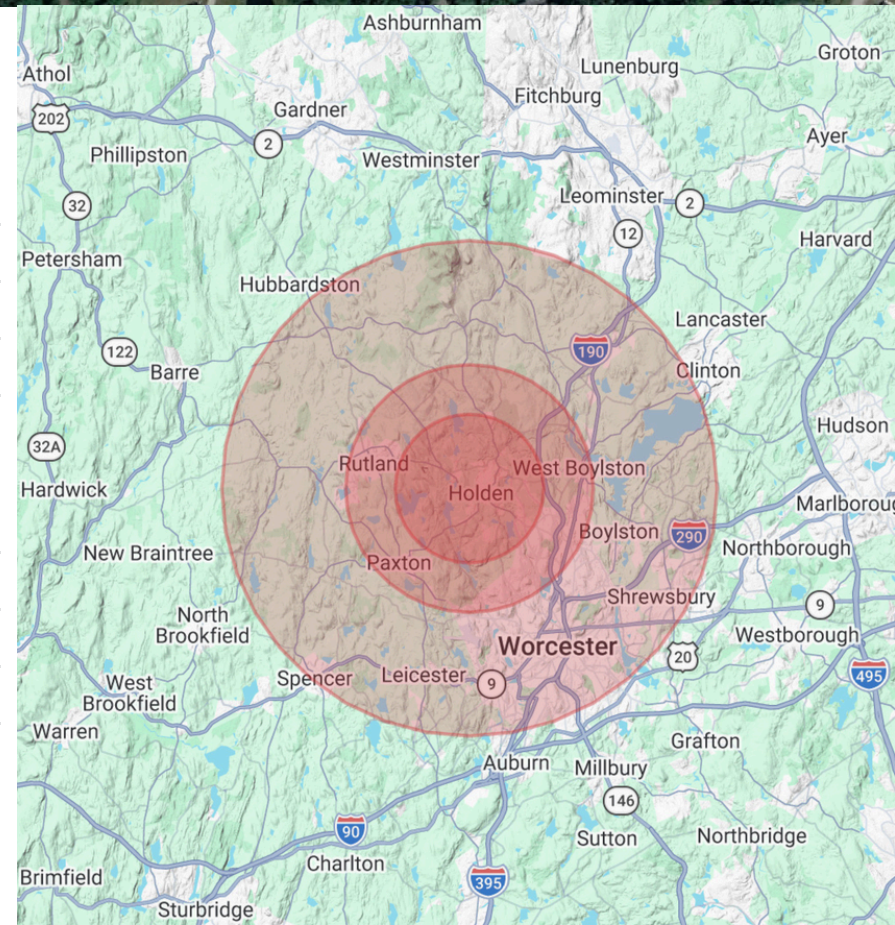
Population

	3 Miles	5 Miles	10 Miles
Total Population	14,304	54,089	311,307
Average Age	41.3	41.6	38.8
Average Age (Male)	40.5	40.4	37.9
Average Age (Female)	43.3	43.4	40.4

Households & Income

	3 Miles	5 Miles	10 Miles
Total Households	5,176	19,548	118,640
# of Persons per HH	2.8	2.8	2.6
Average HH Income	\$153,736	\$147,555	\$111,884
Average House Value	\$466,321	\$442,569	\$414,356

2023AmericanCommunitySurvey (ACS)



RETAILER MAP

**1406 MAIN STREET
HOLDEN MA**

122 Diner

1406 Main St

Gabriel's Menswear

**Wachusett Regional
High School**

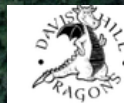
**122
DINER**



Val's Restaurant



HodgePodge



Davis Hill Elementary School
Holden, Massachusetts

Davis Hill Elementary School



Brilla Coffee



Image © 2026 Airbus

CONTACT US



TIM WHITTREDGE
Senior Vice President

774.239.1900

twhittredge@glickmankovago.com

MARKETED EXCLUSIVELY BY:

NAI Glickman Kovago & Jacobs

1 Mercantile Street, Suite 510 | Worcester, MA

508.753.9100

www.glickmankovago.com



TIM WHITTREDGE
Senior Vice President

774.239.1900

twhittredge@glickmankovago.com

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BROKERAGE | PROPERTY MANAGEMENT | CONSTRUCTION

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