



56 Main St

56 Main St, Poughkeepsie, NY 12601

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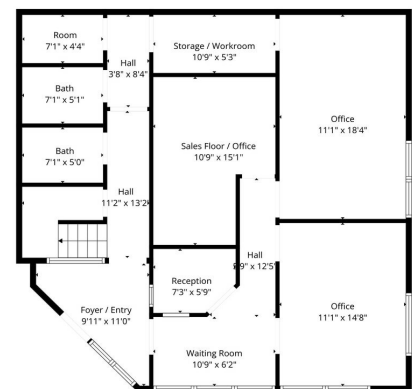
56 Main St

\$24.00 /SF/YR

Rare chance to lease a Class A, standalone professional / medical building in downtown Poughkeepsie, directly across from the Metro-North Poughkeepsie Station and near the Hudson River waterfront.

This...

- **TURNKEY MEDICAL/OFFICE:** Fully built out, 7 private exam rooms/offices, 2 reception areas, large conference/training room, restrooms both floors
- **EXCLUSIVE PARKING & ACCESS:** 20+ private surface parking spaces on-site. Immediate access to US-9, US-44/55, and the Mid-Hudson Bridge.
- **HIGH-IMPACT BRANDING:** Standalone identity with potential for permanent signage visible to Route 9 traffic, & street-level and window signage option
- **GREAT VISIBILITY:** Next to Route 9 on-ramp, across from MNR Station with constant commuter exposure. Steps from the river-side park.
- **SECURITY:** Exterior floodlights and advanced security camera system.
- **ARCHITECTURAL PRESTIGE:** Construction recently updated (2020).



TOTAL: 1065 sq. ft.
1st floor: 1005 sq. ft.
EXCLUDED AREAS: WALLS: 64 sq. ft.

Rental Rate:	\$24.00 /SF/YR
Property Type:	Office
Property Subtype:	Medical
Building Class:	A
Rentable Building Area:	2,600 SF
Year Built:	1984
Walk Score ®:	60 (Moderately friendly)
Transit Score ®:	80 (Very friendly)
Rental Rate Mo:	\$2.00 /SF/MO

1st Floor

Space Available	1,300 SF
Rental Rate	\$24.00 /SF/YR
Contiguous Area	2,600 SF
Date Available	Now
Service Type	Triple Net (NNN)
Built Out As	Standard Office
Space Type	Relet
Space Use	Office
Lease Term	3 - 10 Years

Available Q2 2026. Earlier occupancy possible depending on lease terms and transition timing.

1

2nd Floor

Space Available	1,300 SF
Rental Rate	\$24.00 /SF/YR
Contiguous Area	2,600 SF
Date Available	Now
Service Type	Triple Net (NNN)
Built Out As	Standard Office
Space Type	Relet
Space Use	Office
Lease Term	3 - 10 Years

Available Q2 2026. Earlier occupancy possible depending on lease terms and transition timing.

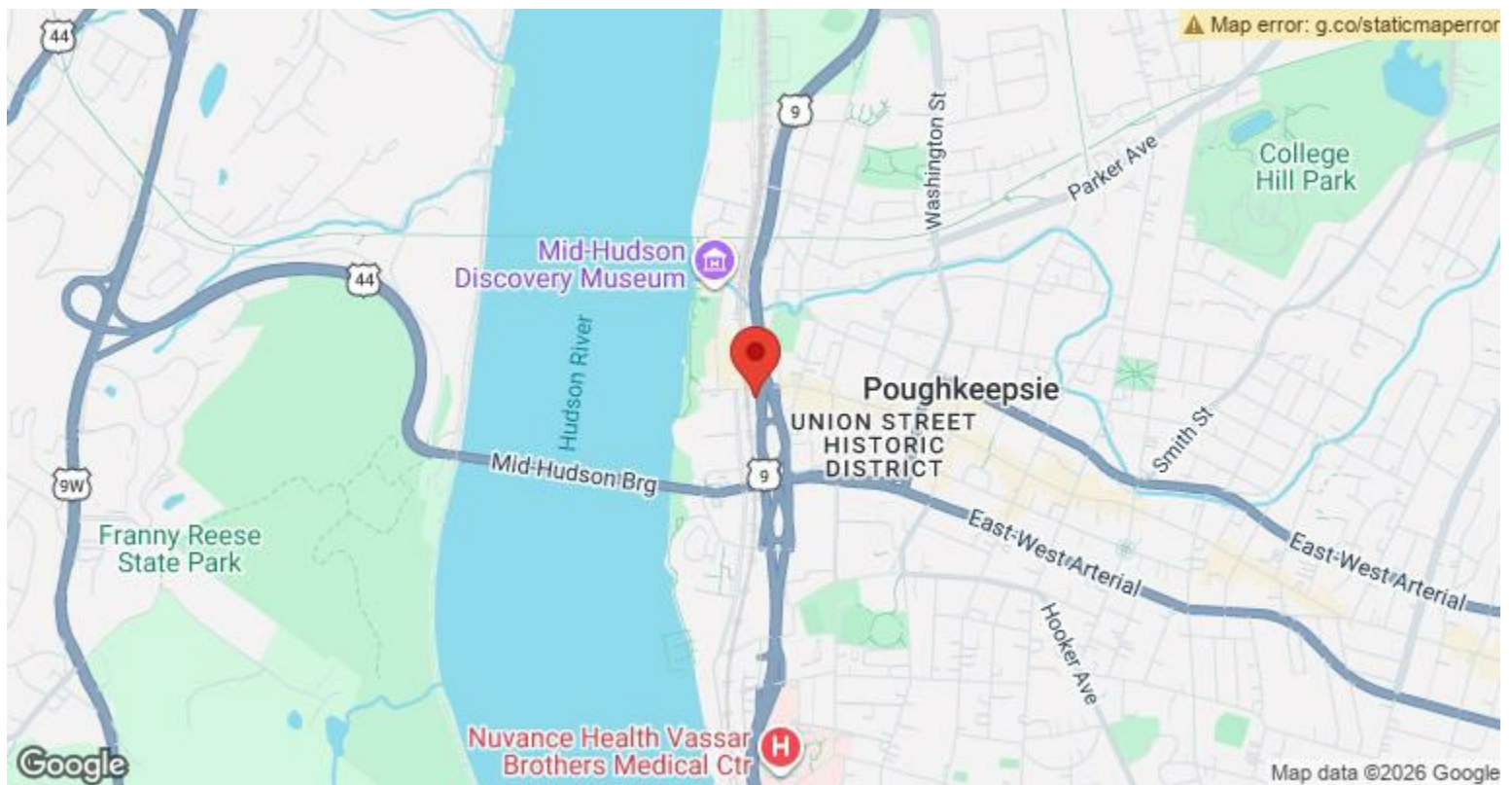
2

Major Tenant Information

Tenant
Medispa

SF Occupied
-

Lease Expired
May 2026



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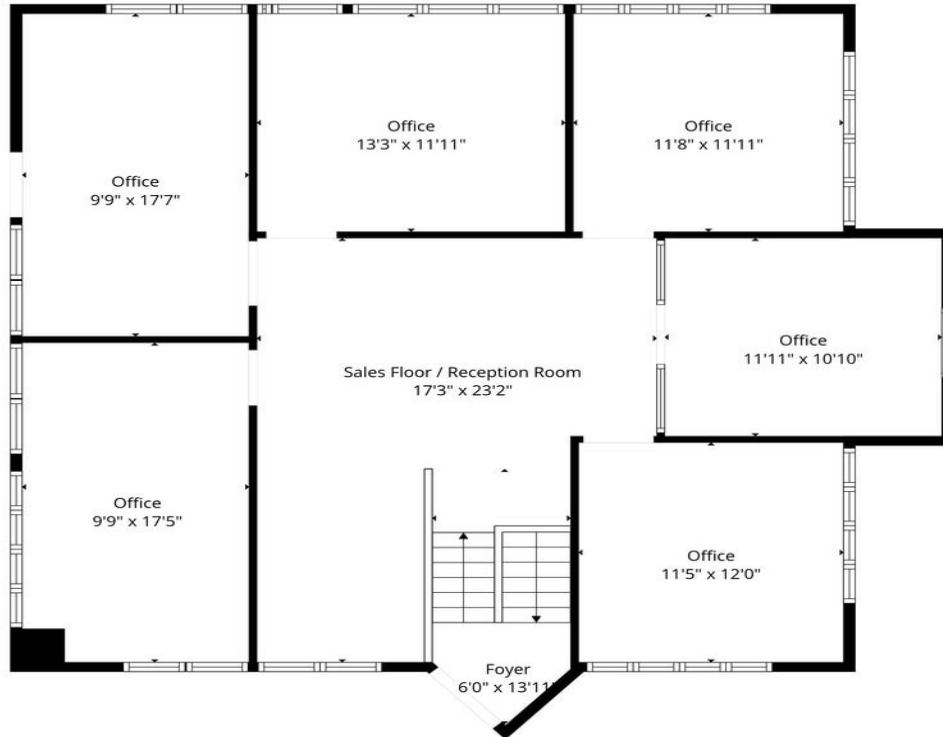
This two-story, single-tenant building offers approx. 2,600 SF of usable space and was fully renovated in 2020. The layout is turn-key and includes 7 private exam rooms or offices (most with sinks), two reception areas, a large conference or training room, and restrooms on both floors. The space has excellent natural light and is in excellent condition.

Well suited for professional office use, medical, wellness, medi-spa, or therapy. A rare downtown feature is 20+ private on-site parking spaces, ideal for staff and clients.

The property offers outstanding visibility with signage exposure to Route 9 and the Route 9 South ramp, along with strong daily commuter traffic. Walkable to the waterfront park, train station, and nearby downtown amenities. Town records show approx. 3,624 SF gross building area.

Lease rate does not include utilities, property expenses, or building services.

Property Photos



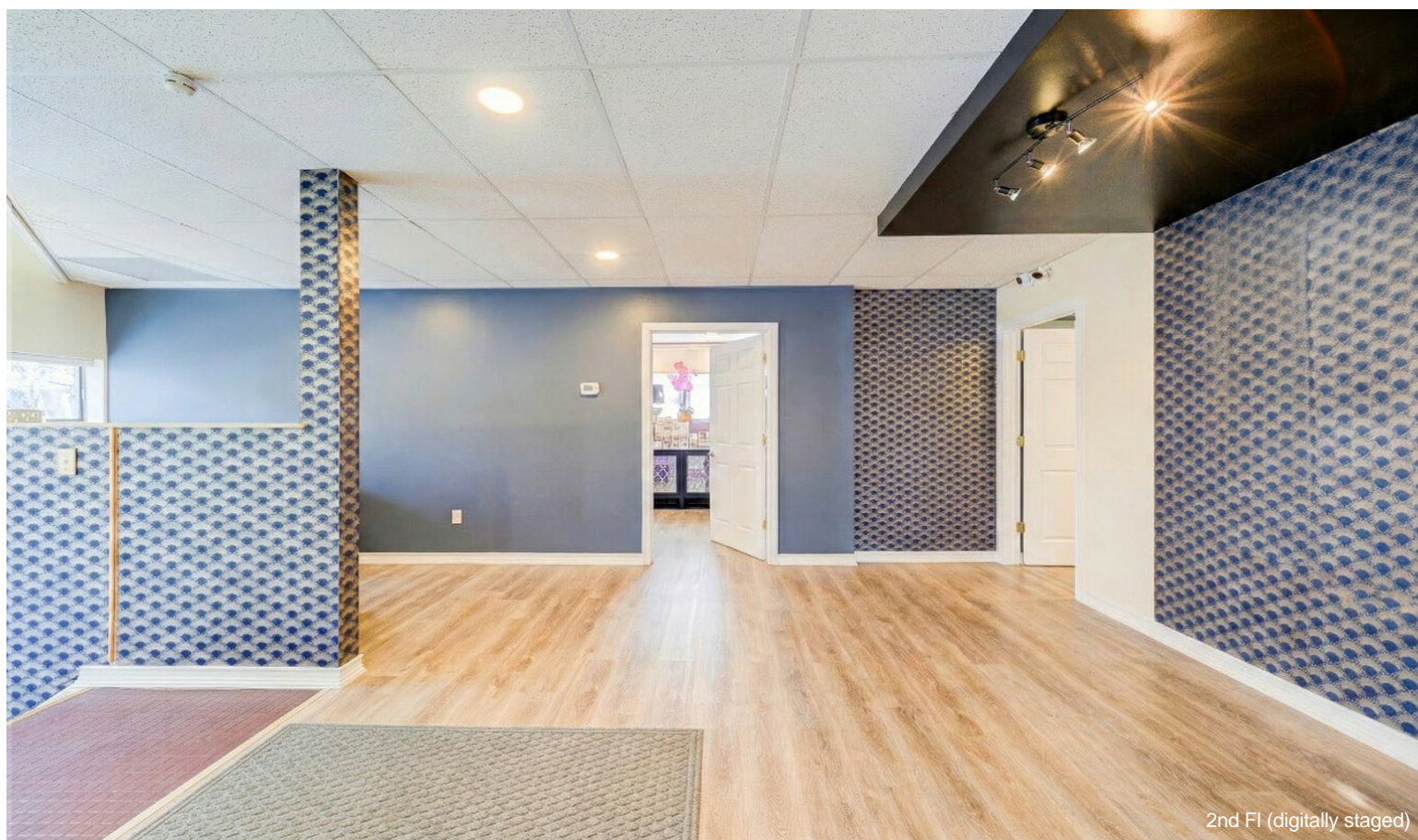
TOTAL: 1308 sq. ft
1st floor: 1308 sq. ft
EXCLUDED AREAS: WALLS: 78 sq. ft

Measurements Deemed Highly Reliable But Not Guaranteed. Measured By Cubicasa Tech.

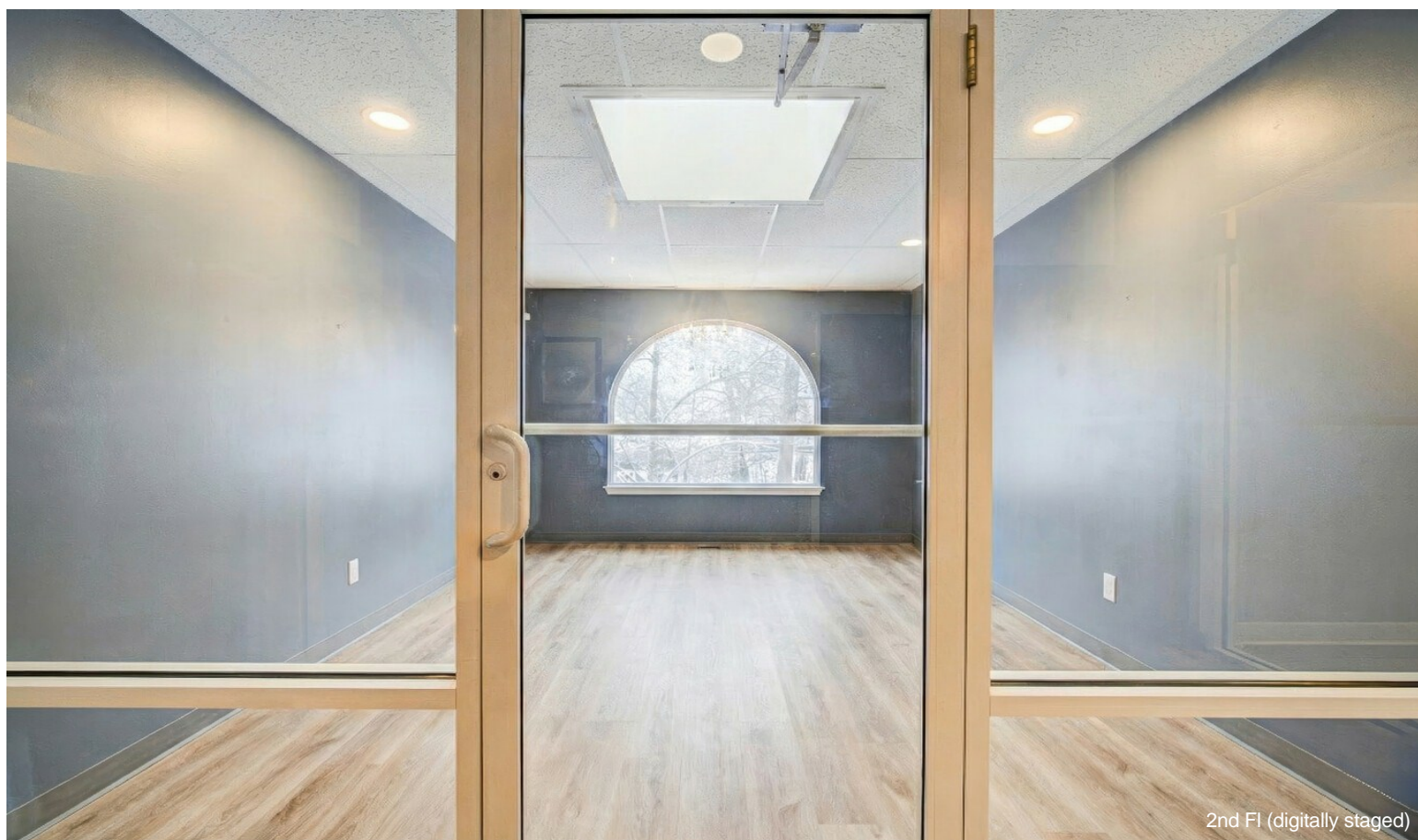
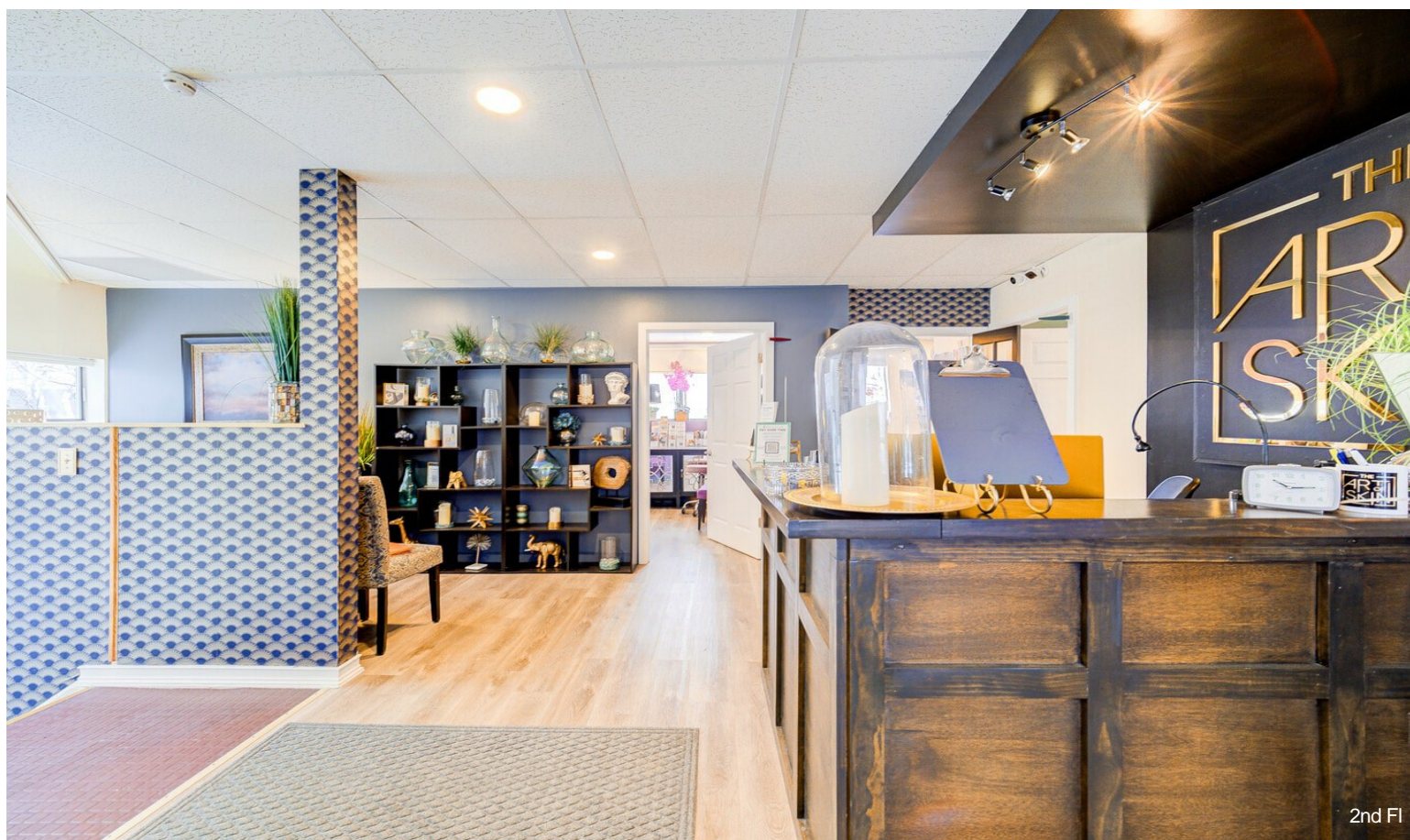


2nd Fl (digitally staged)

Property Photos



Property Photos



Property Photos

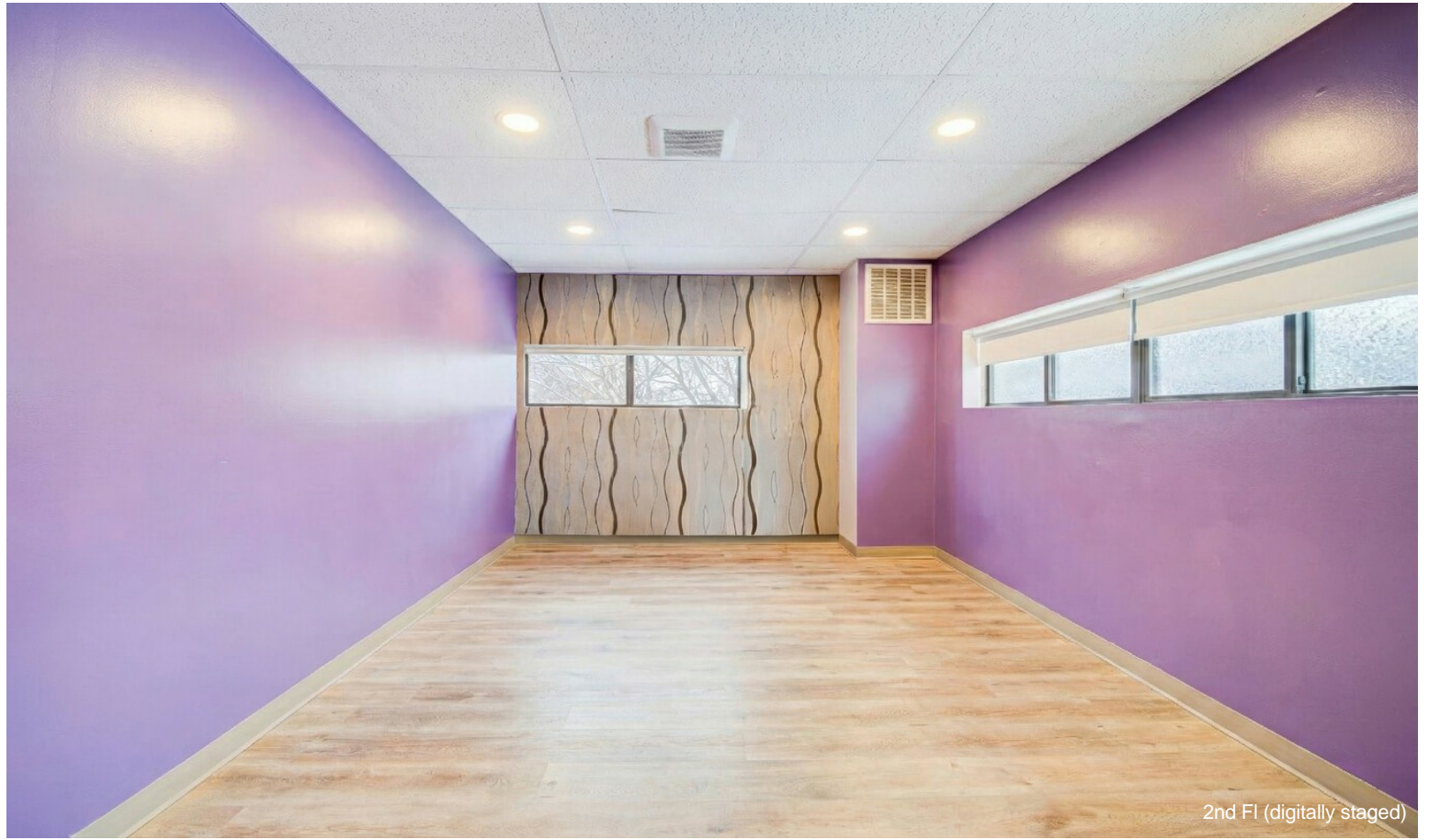


2nd Fl (digitally staged)



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Property Photos



2nd Fl (digitally staged)



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Property Photos



Property Photos



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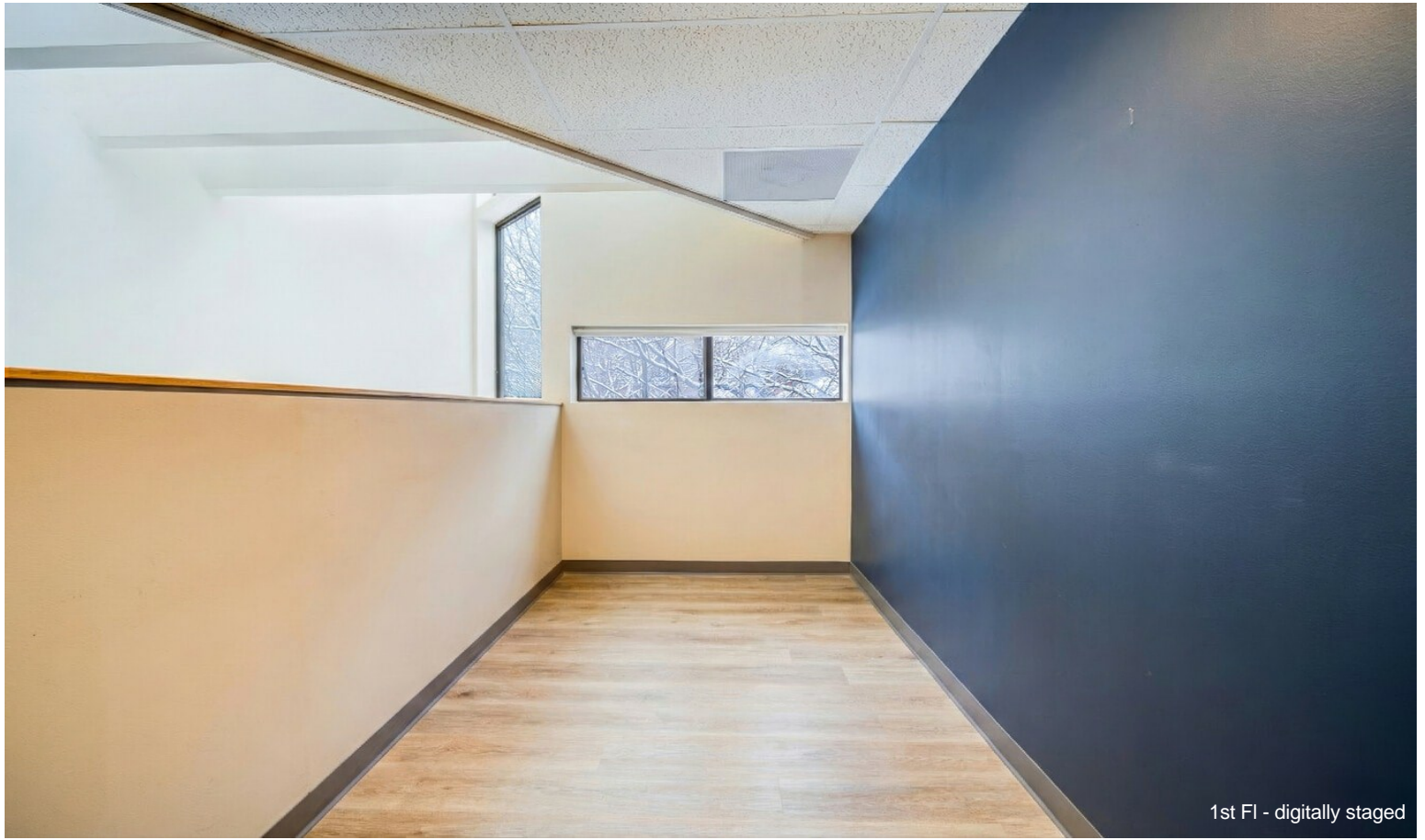


2nd Fl (digitally staged)



2nd Fl

Property Photos



1st Fl - digitally staged

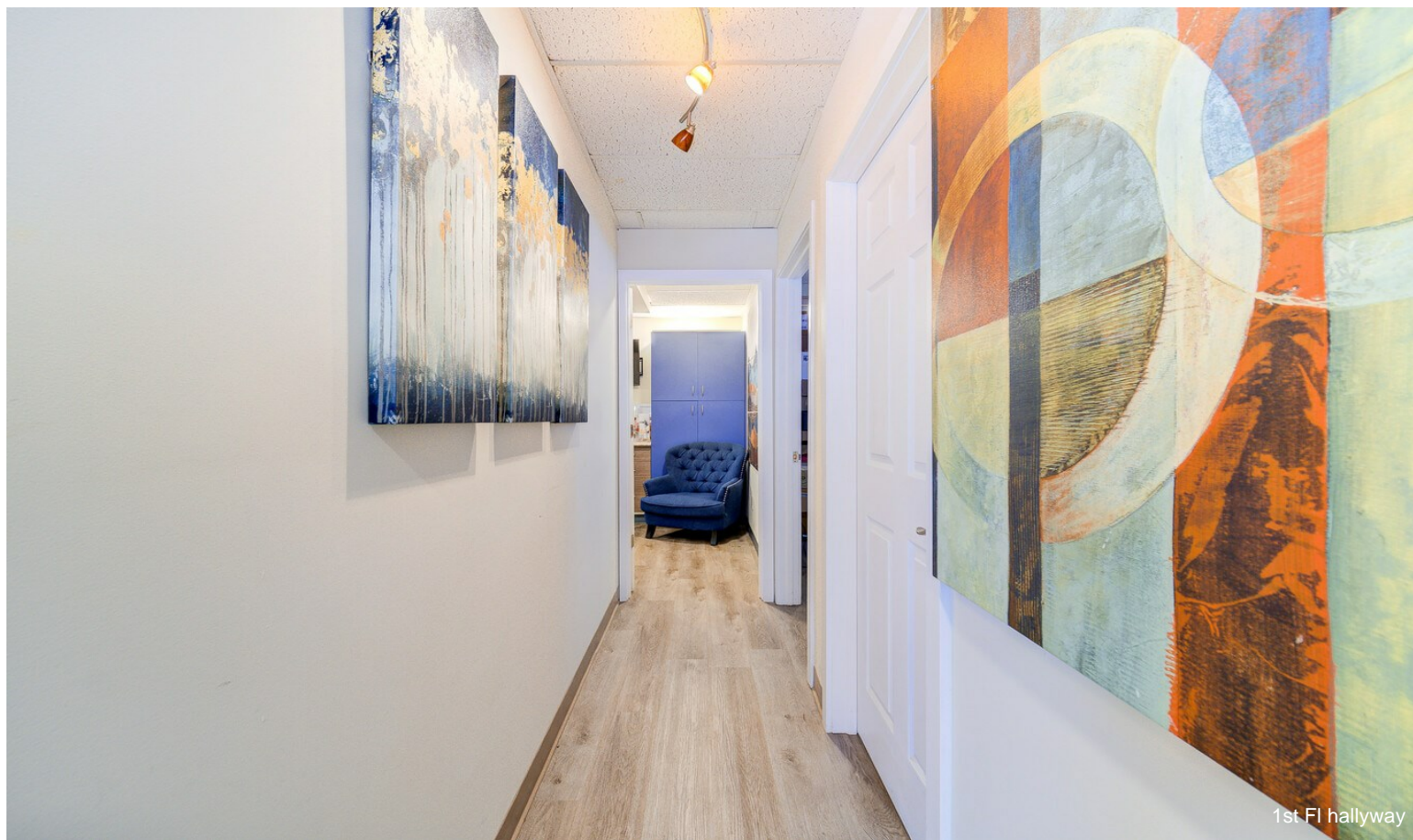


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Property Photos



Property Photos



Property Photos



1st Fl (digitally staged)



1st Fl (digitally staged)

Property Photos



38-i (1)



1st Fl (digitally staged)

Property Photos



Stairs



Rear View