

FOR SALE: 13,000SF GYM – 12 UNIT OPERATOR | NEW CONSTRUCTION

# 10-YEAR ABSOLUTE NNN LEASE MERIDIAN, ID



LEW GOLDMAN

208.867.0189

[lew@goldmanryden.com](mailto:lew@goldmanryden.com)

Licensed with Silvercreek Realty Group

MATT RYDEN

208.608.4089

[matt@goldmanryden.com](mailto:matt@goldmanryden.com)

Licensed with Silvercreek Realty Group

GOLDMAN || RYDEN

REAL ESTATE INVESTMENT SERVICES

# Executive Summary

Goldman Ryden is pleased to present the opportunity to acquire Idaho Fitness Factory, a brand-new, single-tenant net leased investment located on high-traffic Ten Mile Road in Meridian, Idaho, one of the fastest-growing cities in the U.S.

The property features new construction and a 10-year corporate-guaranteed lease with annual 3% increases, offering secure, long-term income. The Lease is Absolute NNN, with Zero Landlord Responsibilities.

Strategically positioned in a dense residential area and surrounded by strong national retailers, the site benefits from excellent visibility, steady consumer demand, and durable market fundamentals. With strong corporate credit backing the lease, this asset provides a low-risk, passive investment in a rapidly expanding submarket.



**SALE PRICE: \$8,307,692**



## OFFERING SUMMARY

<b>ADDRESS</b>	3171 Quintale, Meridian, ID 83646
<b>TENANT</b>	Idaho Fitness Factory
<b>SIZE OF BLDG</b>	13,000 SF
<b>LOT SIZE</b>	1.61 acres
<b>NOI</b>	\$540,000*
<b>LEASE TERM</b>	10 Years
<b>LEASE TYPE</b>	Absolute NNN
<b>LEASE COMMENCEMENT DATE</b>	January 22, 2026
<b>LEASE EXPIRATION DATE</b>	January 21, 2036
<b>ANNUAL INCREASE</b>	3%
<b>CAP RATE</b>	6.5%
<b>CREDIT</b>	Corporate, Contact Agent
<b>LOCATIONS</b>	12

*\*Official NOI will be determined once final construction costs are received.*



# Property Highlights

- ◆ 10-year NNN lease commencing January 2026 with 3% annual rent increases.
- ◆ Idaho Fitness Factory is a proven 12-location regional operator founded in 2011.
- ◆ Strong membership growth and established brand across the Boise MSA.
- ◆ Newly constructed, institutional-quality building with modern design.
- ◆ Absolute NNN Lease, Zero Landlord Responsibilities
- ◆ Direct frontage on Ten Mile Road, a primary Meridian retail corridor.
- ◆ Located directly across from Walmart and surrounded by national retailers.
- ◆ Dense residential population drives consistent daily traffic and demand.
- ◆ Meridian is one of the fastest-growing markets in the U.S.
- ◆ Rare combination of new construction, strong tenant, and inflation protection.



# Lease Summary

<b>TENANT</b>	Idaho Fitness Factory	<b>USE</b>	Fitness
<b>BASE RENT</b>	~ \$540,000	<b>PROPERTY TAXES</b>	Tenant's Responsibility
<b>INITIAL TERM</b>	10 Years	<b>INSURANCE</b>	Tenant's Responsibility
<b>LEASE COMMENCEMENT DATE</b>	January 22, 2026	<b>COMMON AREA MAINTENANCE</b>	Tenant's Responsibility
<b>LEASE EXPIRATION DATE</b>	January 21, 2036	<b>ROOF &amp; STRUCTURE</b>	Tenant's Responsibility
<b>RENEWAL OPTIONS</b>	2 x 5 Years	<b>PARKING LOT</b>	Tenant's Responsibility
<b>ANNUAL INCREASES</b>	3%	<b>HVAC</b>	Tenant's Responsibility
<b>LEASE TYPE</b>	Absolute NNN	<b>GUARANTY</b>	Tenant's Corporate Entity





**SUBWAY**  
**Walmart**

**COSTCO**  
WHOLESALE

**PANDA EXPRESS**  
**verizon**

**HORIZON**  
CREDIT UNION



**EXTRA MILE**

**Tires LES SCHWAB**

**Papa Murphy's**  
TAKE 'N' BAKE PIZZA



**Westmark**  
CREDIT UNION

Ada West  
Dermatology

N Vincenta Way

N Ten Mile Rd



**Subject Site**



G | R

Downtown Boise



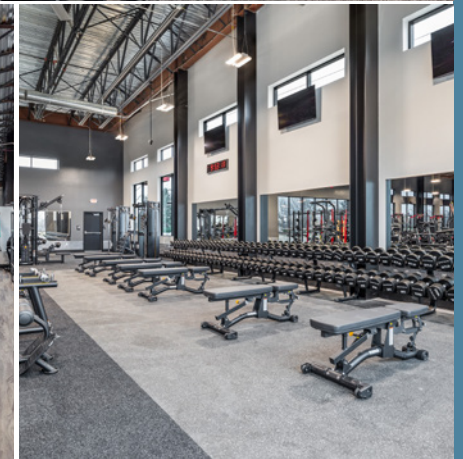
Subject Site



N Ten Mile Rd



# About Idaho Fitness Factory



Idaho Fitness Factory is a locally owned and operated gym chain serving the Treasure Valley, with convenient locations in Boise, Meridian, Nampa, Caldwell, and beyond. Open 24/7 with no contracts or hidden fees, the gym offers a welcoming, no-pressure environment focused on affordability and accessibility. Each facility is equipped with a full range of cardio and strength equipment, free weights, circuit machines, dry saunas, tanning, locker rooms, and more. Members enjoy clean, well-maintained spaces, helpful staff, and the flexibility to work out on their own schedule, making IFF a favorite among beginners and experienced gym-goers alike.

To learn more, visit: <https://idahofitnessfactory.com/>

Company Type: Private





**COSTCO WHOLESALE** **Cafe Rio** **BURGER KING**  
**KeyBank** **MOUNTAIN AMERICA CREDIT UNION**  
**FIREHOUSE SUBS** **SLIM CHICKENS** **Dutch Bros**

**Fred Meyer** **WInCo FOODS** **O'Reilly AUTO PARTS** **CHASE**  
**McDonald's** **DEL TACO** **COMMERCIAL TIRE** **Starbucks**  
**SUBWAY** **The UPS Store**

**Walmart**

**Mister CAR WASH** **Tires LES SCHWAR** **Starbucks** **MARCO'S PIZZA** **PANDA EXPRESS**  
**Frontier CREDIT UNION** **W Wenerschnitzel** **Broken Yolk** **TAKE 5** **Papa Murphy's TAKE N BAKE PIZZA** **verizon**  
**HORIZON CREDIT UNION** **Rudie's PUB & GRILL** **SUBWAY**  
**noodles** **KINYA** **menchie's** **THE Spidee**

**Public Storage** **the HUMAN BEAN** **SHERWIN WILLIAMS** **PAWN**  
**RODGER'S TIRE PROS & AUTO CARE** **MAVERIK** **Pizza Hut** **O'Reilly AUTO PARTS**  
**BREDA BEDS** **HFE** **BLIND** **CC M**

**Extra Space Storage** **JK Quilts**  
**DQ** **DMO FITNESS FACTORY** **DOWDY'S AUTOMOTIVE**

**Dutch Bros**

**Subject Site** **W McMillan Rd**

**N Ten Mile Rd**

**N Linder Rd**

**Meridian Rd**

**Sawtooth Middle School**

**Ustick Rd**

**Settlers Park**



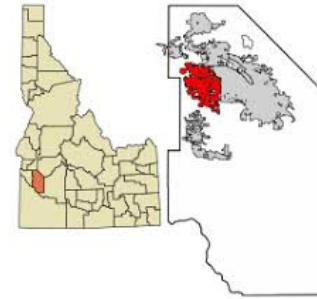
# About Meridian, ID

Meridian, Idaho continues to rank as one of the Treasure Valley's strongest growth markets, supported by sustained population inflows, job creation, and a high quality of life. The city has benefited from consistent in-migration from higher-cost West Coast metros, driving long-term demand for housing, retail, and services. Meridian's family-oriented demographics, above-average household incomes, and relatively low cost of living compared to peer markets have reinforced its position as a stable and attractive destination for both residents and investors.

The real estate market in Meridian remains healthy and well-balanced, with steady buyer demand supporting home values and new development activity. While pricing has moderated from peak levels, this normalization has created a more sustainable environment for long-term ownership and investment. Residential absorption remains strong across both owner-occupied and rental segments, with rental demand bolstered by workforce growth and limited supply in well-located submarkets. These conditions continue to support favorable fundamentals for multifamily and single-family rental strategies.



From an economic standpoint, Meridian benefits from its proximity to Boise while maintaining its own expanding employment base and commercial footprint. Ongoing infrastructure investments, retail expansion, and business development initiatives continue to enhance the city's appeal as a regional hub within Ada County. Combined with Idaho's business-friendly tax environment and relatively low regulatory burden, Meridian is well positioned for continued growth, making it a compelling market for long-term real estate investment and development.



BRAND NEW 10 YEAR LEASE | NEW CONSTRUCTION | A+ LOCATION | HUGE TRAFFIC COUNTS

FOR SALE – 13,000SF GYM – 12 UNIT OPERATOR

# HIGHLY DESIRABLE SINGLE TENANT NET LEASED INVESTMENT

## 3171 Quintale, Meridian, ID 83646

FOR MORE INFORMATION, PLEASE CONTACT:



LEW GOLDMAN

208.867.0189

[lew@goldmanryden.com](mailto:lew@goldmanryden.com)

Licensed with Silvercreek Realty Group



MATT RYDEN

208.608.4089

[matt@goldmanryden.com](mailto:matt@goldmanryden.com)

Licensed with Silvercreek Realty Group



The information contained in this Marketing Brochure is proprietary and confidential and is intended solely for review by the party receiving it from Goldman | Ryden Real Estate Investment Services of Silvercreek Realty Group. This brochure may not be reproduced, distributed, or disclosed to any other person or entity without the prior written consent of Goldman | Ryden Real Estate Investment Services of Silvercreek Realty Group. This Marketing Brochure has been prepared to provide summary information for the purpose of establishing preliminary interest in the subject property. The information contained herein is not a substitute for a thorough due diligence investigation. All information has been obtained from sources believed to be reliable; however, Goldman | Ryden Real Estate Investment Services of Silvercreek Realty Group has not verified and does not guarantee the accuracy or completeness of such information. Goldman | Ryden Real Estate Investment Services of Silvercreek Realty Group makes no representations or warranties, expressed or implied, as to the accuracy or completeness of the information contained herein, including but not limited to information regarding income, expenses, projected financial performance, tenant credit, lease terms, square footage, physical condition, environmental matters, zoning, or compliance with applicable laws and regulations. References to square footage, age, and other measurements are approximate. Prospective purchasers are responsible for conducting their own independent investigation and analysis of the property, including verification of all information contained herein, and shall rely solely on their own due diligence and professional advisors. The recipient of this brochure assumes all risk related to any inaccuracies or omissions.