

1201 LIBERTY PIKE | SUITE 109 | FRANKLIN, TN 37067

▷ 1,262 SF Retail Available ▷ Cool Springs, Franklin ▷ Class A Mixed-Use

STRIDE
COMMERCIAL

Liberty Station

RETAIL FOR LEASE // COOL SPRINGS // FRANKLIN, TN

Building Snapshot

1201 LIBERTY PIKE | SUITE 109 | FRANKLIN, TN 37067

Building Size: ~37,277 SF (two-story mixed-use)

Year Built: 2020

Available: Suite 109 — 1st Floor

Size: 1,262 SF

Availability: Immediate

Parking: Free surface parking

Zoning: Franklin / Williamson County

Signage: Building signage available; prominent frontage on Liberty Pike



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Executive Summary

OPPORTUNITY

Suite 109 is a 1,262 SF first-floor retail space at Liberty Station, a fully leased Class A mixed-use development built in 2020 at the signalized intersection of Liberty Pike and Carothers Parkway in Cool Springs. The space is second-generation, previously occupied by Body20 fitness studio, and ready for new tenant buildout with two 100-amp 3-phase electrical panels in place. Co-tenants include Big Bad Breakfast, Waldo's Chicken & Beer, Vui's Kitchen, and Row House Fitness — a curated dining and wellness mix that draws consistent daily traffic. Free surface parking, building signage, and immediate I-65 access round out a strong fit for boutique fitness, wellness, personal care, or service retail operators.



HIGHLIGHTS

- 1,262 SF first-floor retail in a Class A mixed-use development built in 2020
- Second-generation space (formerly Body20) — open layout ready for tenant buildout
- Signalized intersection at Liberty Pike & Carothers Pkwy with 13,100+ ADT on Carothers
- Co-tenancy: Big Bad Breakfast, Waldo's Chicken & Beer, Vui's Kitchen, Row House Fitness
- Cool Springs submarket — Williamson County median HH income \$111,759 (ZIP 37067)
- Free surface parking on-site; less than 0.5 miles to I-65 via Cool Springs Blvd
- Building signage available with prominent Liberty Pike frontage
- Two 100-amp 3-phase electrical panels; water included in CAM

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About the Space



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AVAILABLE SPACE

Suite 109

- **Size:** 1,262 SF
- 1st Floor (Ground Level)
- Second-generation (formerly Body20 fitness studio)
- **Available:** Immediate

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SUITE FEATURES

- **Layout:** Primarily open floor plan with a reception area, bathroom, and several private wellness/treatment rooms — ready for tenant buildout and customization.
- **Power:** Two 100-amp 3-phase electrical panels
- **Utilities:** Water included in CAM; electricity tenant responsibility (submeter being installed)
- **Parking:** Free surface parking on-site
- **Signage:** Building signage with Liberty Pike frontage

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TENANT IMPROVEMENTS

- **TI Allowance:** Negotiable — dependent on use and tenant startup needs
- **Delivery:** Second-gen shell; prior fitness studio buildout in place

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Co-Tenant Retail Overview



BIG BAD BREAKFAST

Founded by James Beard Award-winning chef John Currence and operated by Fresh Hospitality, Big Bad Breakfast is a nationally recognized breakfast-to-lunch concept known for house-cured bacon, handmade biscuits, and craft brunch cocktails. The Franklin location at Liberty Station is their second Middle Tennessee outpost.



WALDO'S CHICKEN & BEER

A fast-casual concept from the Fresh Hospitality family specializing in Nashville-style hot chicken, craft beer, and Southern sides. Waldo's draws a steady lunch and dinner crowd and anchors the dining mix at Liberty Station alongside Big Bad Breakfast and Vui's Kitchen.



VUI'S KITCHEN

A modern Vietnamese restaurant offering pho, banh mi, rice bowls, and fresh spring rolls. Also part of the Fresh Hospitality portfolio, Vui's Kitchen brings a health-forward dining option that complements the fitness and wellness tenants in the building.

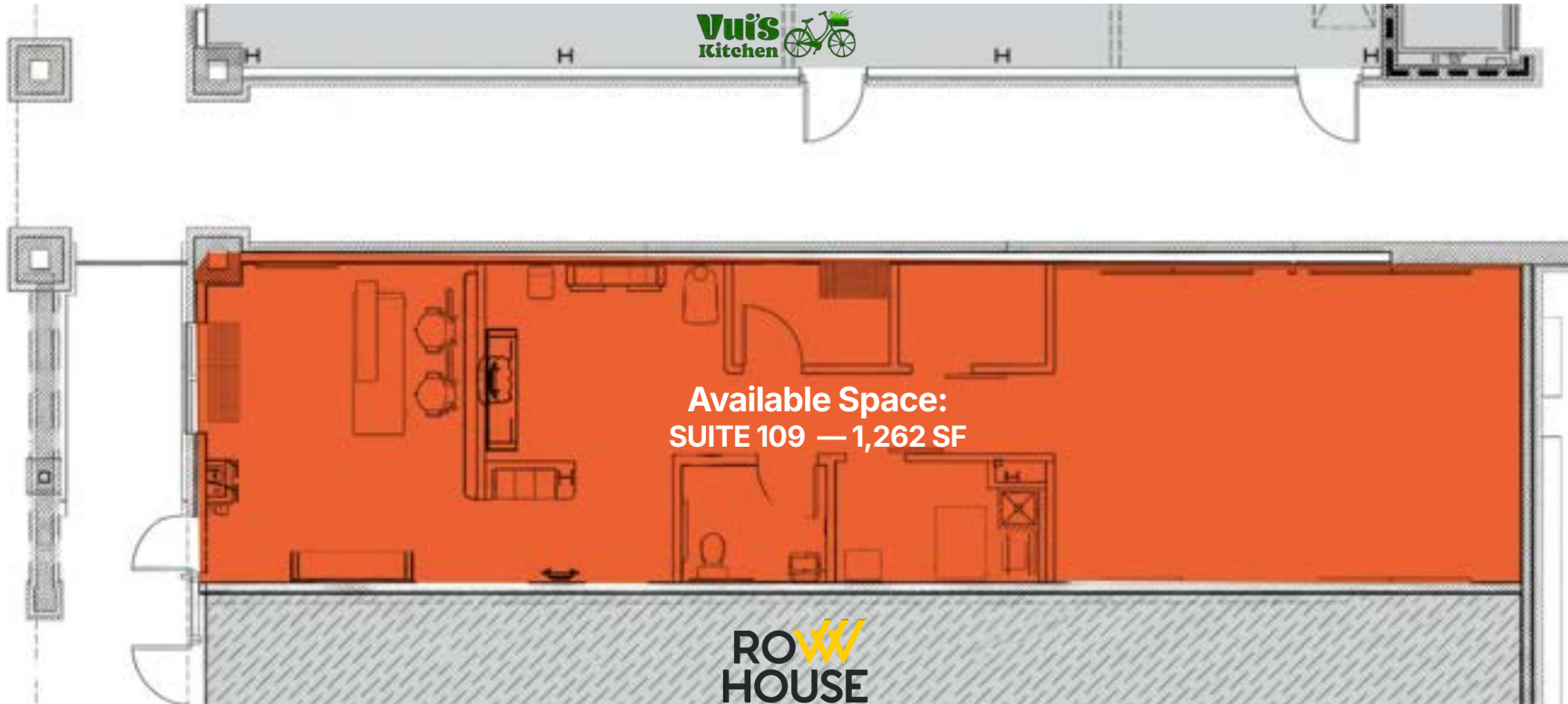


ROW HOUSE FITNESS

A boutique rowing fitness studio offering group-format, low-impact, high-intensity classes. Row House attracts a health-conscious clientele that aligns with the wellness-oriented tenant mix and supports recurring daily foot traffic at Liberty Station.

Floor Plan

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1,262 SF | RETAIL

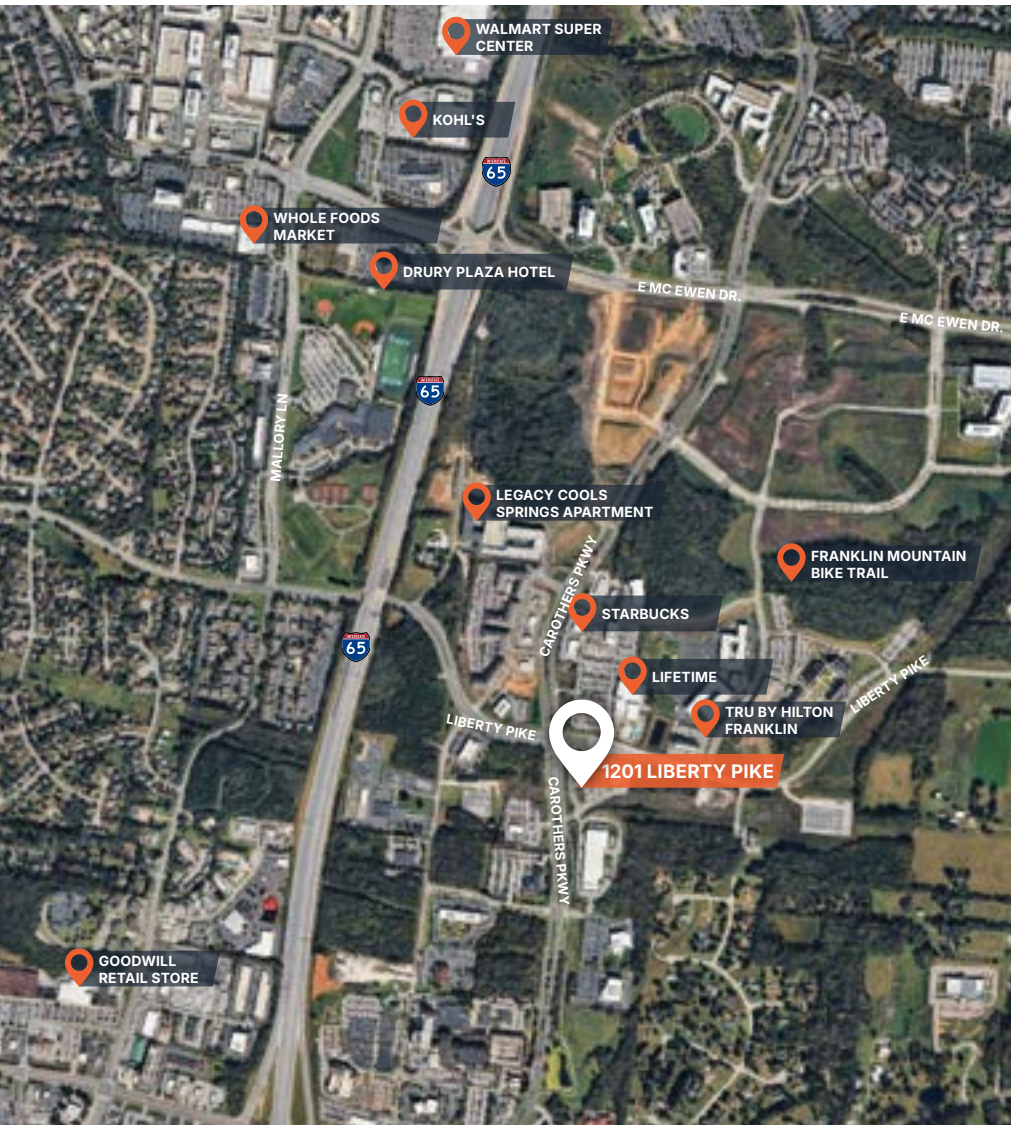


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Location & Access



DRIVE TIMES & ACCESS

Downtown Franklin	: ~2 miles / ~5 min
I-65 (Cool Springs Blvd interchange)	: <0.5 miles
Cool Springs Galleria	: ~1 mile / ~3 min
Brentwood (I-65 corridor)	: ~5 miles / ~10 min
Downtown Nashville	: ~20 miles / ~25 min via I-65
BNA Nashville Int'l Airport	: ~25 miles / ~30 min via I-65
Williamson Medical Center	: ~1.5 miles / ~4 min

SUBMARKET CONTEXT

- Signalized intersection at Liberty Pike & Carothers Pkwy — primary commercial node in southeast Cool Springs
- Less than 0.5 miles from I-65 via Cool Springs Blvd interchange
- Surrounded by dense office, retail, medical, and residential uses in the Cool Springs corridor
- Williamson County population grew 35% from 2010 to 2020 (183,182 to 247,726)

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Traffic & Demographics

TRAFFIC COUNTS

Carothers Parkway:
13,133 ADT

I-65 (adjacent):
103,694 ADT

Cool Springs Boulevard:
33,000+ ADT

Mallory Lane: 20,000+
ADT

Sources: TDOT ADT via commercial listing data (MyEListing, 2025); Cool Springs Blvd and Mallory Ln counts per Wikipedia citing TDOT data.

5,684

1-MILE

50,918

3-MILE

103,592

5-MILE

37.8

MEDIAN AGE

\$111,759

MEDIAN
HOUSEHOLD
INCOME

*Source: U.S. Census 2020-2024 ACS
5-Year Estimates, ZIP 37067*

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Amenities & Neighborhood



ABOUT COOL SPRINGS

Cool Springs is one of the Nashville metro's highest-performing retail and mixed-use submarkets, anchored by Cool Springs Galleria and surrounded by corporate campuses including Nissan North America and Community Health Systems. Liberty Pike connects I-65 to the broader Franklin and Brentwood communities, positioning Liberty Station at a primary intersection with strong daily traffic from office workers, residents, and medical center visitors.

CO-TENANTS AT LIBERTY STATION

Big Bad Breakfast (breakfast/brunch) | Waldo's Chicken & Beer (fast casual) | Vui's Kitchen (Vietnamese Cuisine) | Row House Fitness (boutique rowing) | Vida-Flo (IV therapy) | SEK Sauna Studio | Charming Nail Bar | Happy Harpeth Pediatric Dentistry (2nd floor)

ALSO NEARBY

- Chicken Salad Chick — fast casual (0.15 mi E)
- Starbucks — coffee (0.3 mi N on Cool Springs Blvd)
- Lifetime Fitness — health club (0.5 mi N)
- Pacific Dental — dental office (0.3 mi E)
- Cool Springs Galleria — regional mall, 100+ retailers (1 mi N)
- Whole Foods Market — grocery (1.2 mi NW)
- Target — big box retail (1 mi N)
- Williamson Medical Center — regional hospital (1.5 mi W)

ACCESS

- I-65 access via Cool Springs Blvd (<0.5 mi)
- Signalized intersection at Liberty Pike & Carothers Pkwy
- Free surface parking on-site
- 20 miles to downtown Nashville; 25 miles to BNA airport

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CAMERON BICE | LANIER WAGSTER | MATT COOPER, CCIM

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