

250 Gorham

Canandaigua, NY

Health/Wellness/Offices



PROPERTY HIGHLIGHTS

- Tremendous upside for committed owner/operator
- 11,900 Sq. Ft. Office/Special Use Facility
- Extensive property improvements
- Open-use concept
- Multiple private offices
- Large event/training space
- On-Site Parking
- Additional lot included to total over 1 acre
- Business Plan Available with sale

Income

- Income: \$40,000 (Rounded)
- Taxes: \$10,520 (Actual)

Actual numbers to be provided after an executed LOI and NDA.

LOCATION

- Canandaigua, NY - Ontario County
- Strong suburban location
- Minutes from the main area corridor
- Neighborhood feel w/commercial flair



**Multi-Tenant Building
with Owner/Operator
Availability**



Tod A. Myers | Michael Giunta
Lic Real Estate Salespersons
585-414-0855 | 585-217-6947



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KELLER WILLIAMS REALTY GREATER

1700 Long Pond Road
Rochester, NY 14606



Each Office Independently Owned and Operated

PRESENTED BY:

TOD MYERS

Licensed Real Estate Salesperson
O: (585) 414-0855
C: (585) 414-0855
tod@rococre.com
40MY1033127, New York

MICHAEL GIUNTA

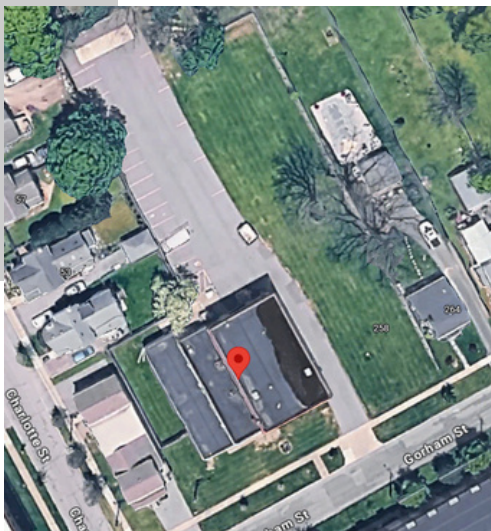
Licensed Real Estate Salesperson
O: (585)758-8400
C: (585) 217-6947
mgiunta20@kw.com
10401371548, New York

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Site Specifics



PERFECT opportunity for owner/operator of health and wellness services, health club, physical therapy office, cheer, sports conditioning etc. Open floor plan with the second floor opened up for spatial openness. The building has been completely remodeled with updated HVAC, a solid roof, individual offices with leases in place with \$40k of income, AND the vacant lot next door. Lot area INCLUDES BOTH LOTS. Existing business in place with the owner open to discussions about including the business concept plans. This site has hosted many wellness and retreat sessions with an existing client base. Please do not approach tenants or clients. All showings require a buyer's agent to be present and must provide 48 hours' notice due to in-session classes. The sale also includes adjacent lot 258 Gorham St, Tax ID: 320200-084-006-0001-036-000. All offers MUST be submitted via a Letter of Intent (LOI), with an attorney drafting the subsequent Purchase and Sale Agreement (PSA). NO BOARD CONTRACTS WILL BE ACCEPTED



TaxMap #: 320200-084-006-0001-037-000
320200-084-006-0001-036-000

Acres: 1.05 **Lot Front:** 186 **Lot Depth:** 307

Zoning: R1B **Prop Use:** Conforming

Category: Commercial, Mixed Use, Office

Type Bldg: Office Building, Personal Services

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The Big Picture Opportunity

Health-Conscious Business Opportunities

The Canandaigua market is currently underserved in "lifestyle" health sectors compared to the scale of its medical infrastructure.

1. The "Thompson Effect" (Medical Office Expansion)

With the continued growth of UR Medicine Thompson Hospital and the Canandaigua VA Medical Center, there is a sustained demand for Class A medical office space.

- **Opportunity:** Specialized outpatient clinics, physical therapy centers, and sports medicine facilities to support the active aging population and local school athletics.

2. Preventive Wellness & Boutique Fitness

The Canandaigua Business Improvement District (BID) has seen a surge in "Main Street" wellness. Current successful anchors include pilates, yoga studios, and holistic centers.

- **Opportunity:** There is a gap for high-end "recovery" centers (cryotherapy, infrared saunas, or salt rooms) and boutique specialized fitness (rowing, barre, or HIIT) that caters to the professional demographic commuting from Rochester.

3. Senior Living & Support Services

Given that over a quarter of the city's population is 65+, the demand for "wellness-first" senior services is peaking.

- **Opportunity:** Upscale assisted living that focuses on active lifestyles rather than just clinical care, and specialized nutrition/meal-prep services catering to dietary restrictions.

Commercial Real Estate Outlook 2026

The 2026 outlook for Canandaigua is one of stabilization and precision. Capital is flowing toward "durable income" assets with clear leasing narratives.

- **Retail/Mixed Use:** Developers are focusing on the "live-work-play" model near the lakefront, where retail space is being paired with luxury apartments.
- **Market Sentiment:** According to recent 2026 CRE trends, the market has moved past the volatility of previous years. Investors are now prioritizing "defensive assets"—properties that offer essential services like healthcare and localized food supply.

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AREA DEMOGRAPHICS

Canandaigua, New York—the "Chosen Spot"—presents a unique commercial landscape that blends historic charm with a rapidly evolving health and wellness sector. As of 2026, the area is experiencing a stabilization in the commercial real estate market, with a specific pivot toward preventative care and **lifestyle-integrated business models**.

Geographic & Demographic Profile

Canandaigua is positioned at the northern tip of Canandaigua Lake, serving as the gateway to the Finger Lakes region. This geography creates a natural "hub-and-spoke" economy in which the city serves as the service center for a wide, affluent, rural, and seasonal population.

Geographic Makeup

- **Waterfront Integration:** The city and town have heavily invested in linking the lakefront to the historic downtown. This "walkable" infrastructure is a primary driver for foot traffic and wellness-oriented retail.
- **Regional Accessibility:** Situated 24 miles southeast of Rochester, it captures both daily commuters and high-net-worth seasonal residents.

Demographic Snapshot (2024-2026)

- **Population Stability:** The City of Canandaigua maintains a population of approximately 10,500, while the surrounding Town of Canandaigua adds significant scale with a high concentration of families and retirees.
- **Income & Education:** Approximately 37.6% of residents hold a Bachelor's degree or higher. Household income has shown steady growth (up 34% over the last decade), with roughly 44% of households earning over \$75,000 annually.
- **Age Profile:** The area has a notable "demographic tailwind," with 25.9% of the population aged 65 and over, balanced by a significant workforce population (age 25–54) that accounts for 40% of the total labor force.

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The "Inside Picture" To A Unique Space



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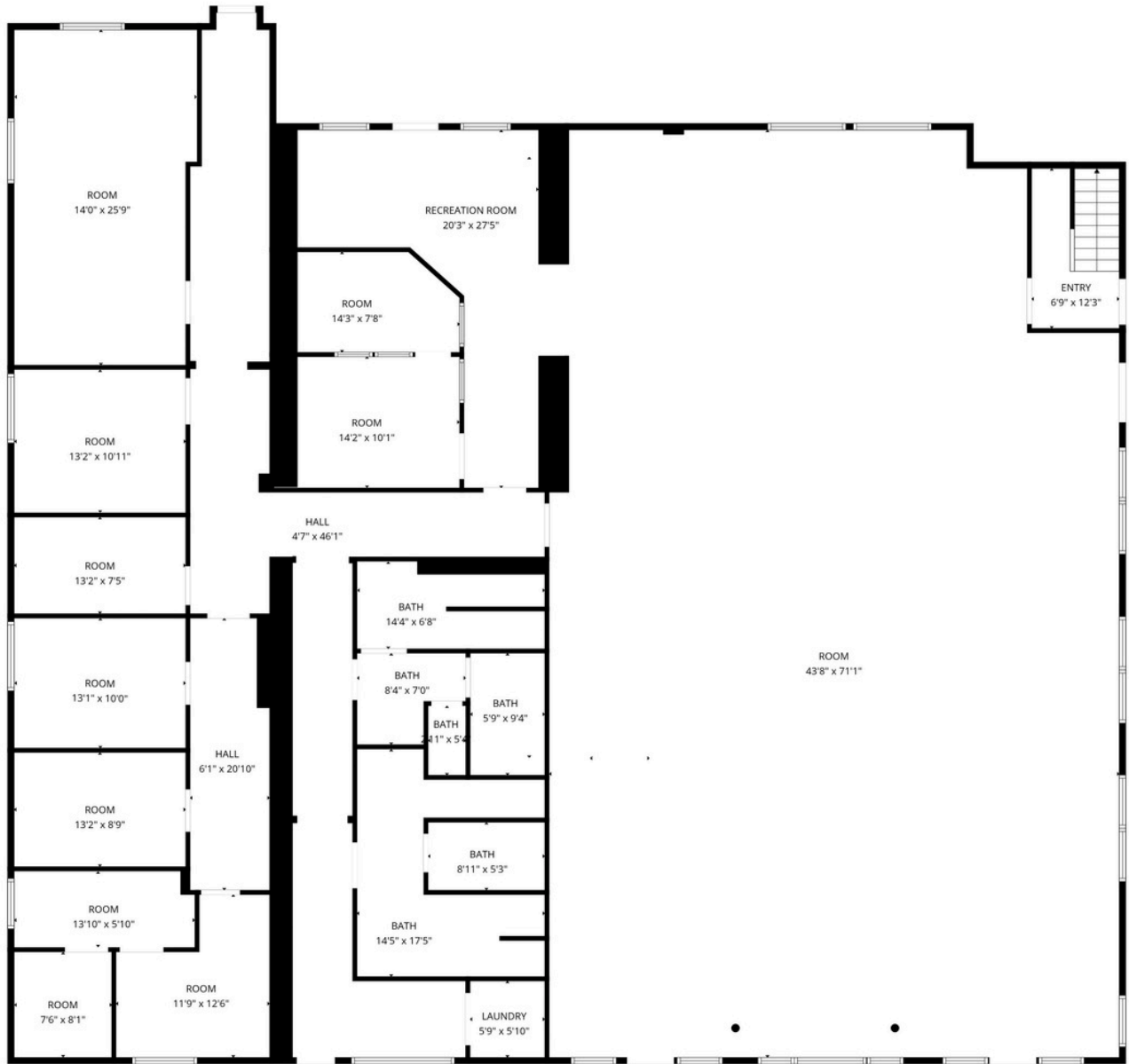


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Floor Plans



TOTAL: 6145 sq. ft
1st floor: 6145 sq. ft
EXCLUDED AREAS: WALLS: 164 sq. ft

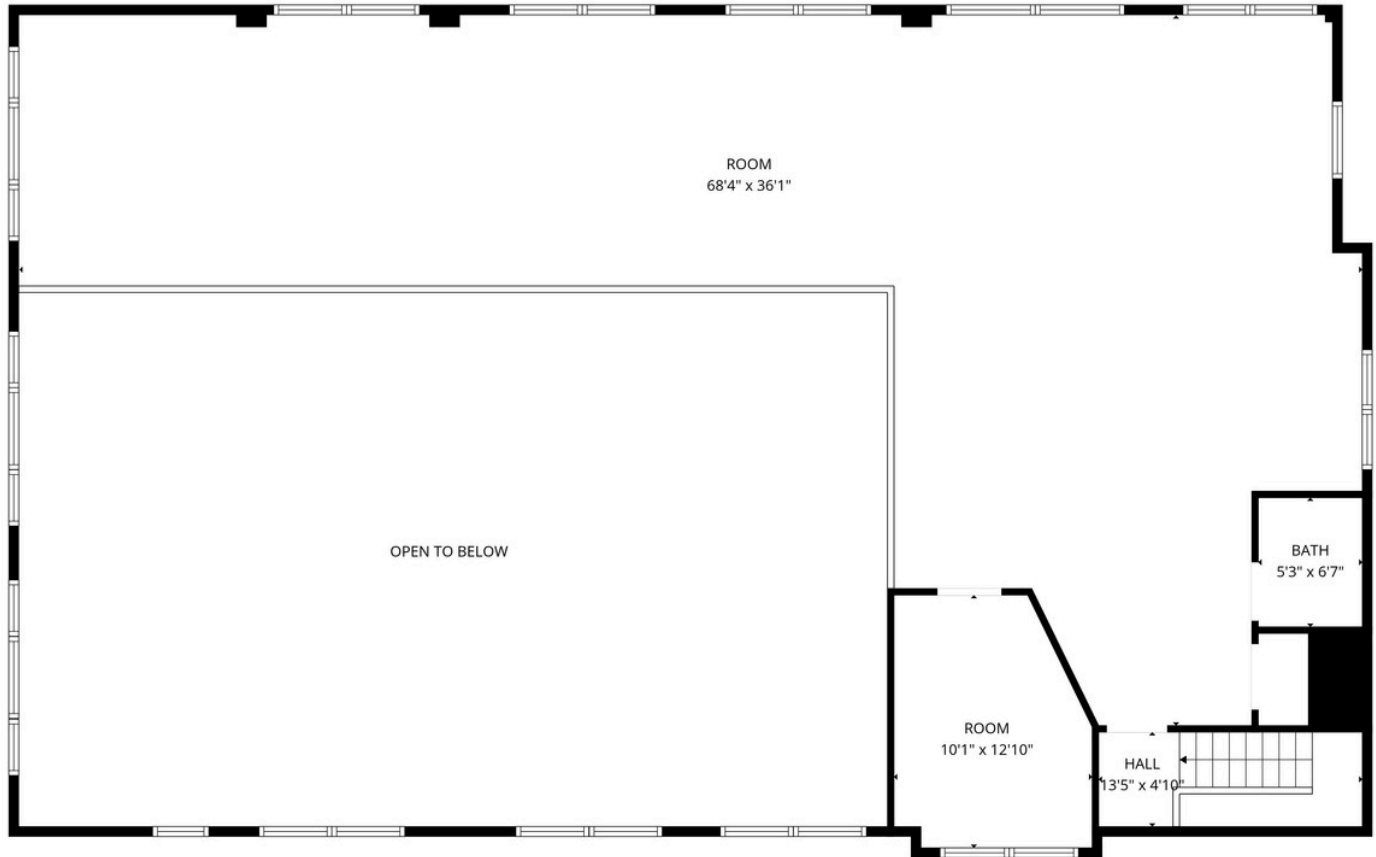


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Floor Plans



FLOOR PLAN CREATED BY CUBICASA APP. MEASUREMENTS DEEMED HIGHLY RELIABLE BUT NOT GUARANTEED.



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LEASE - RETAIL

135 N. Union, Spencerport

- Highly visible neighborhood plaza
- Ideal for salon, retail, office, wellness, boutique
- Turn-key salon layout in place
- ±45 shared parking spaces
- Easy access to RT 104 & the Village of Spencerport
- Great visibility on busy N Union St



LEASE - OFFICE

166 Washington Avenue

- 2,300 SF medical office suite
- Fully configured for healthcare use
- Multiple exam rooms
- Private offices,
- Clinical support areas
- Located within a professional medical building



SALE - SPECIALTY

2889 Culver Rd, Irondequoit

- 300 Person Sanctuary
- Multi-Floor School
- Gym
- Kitchen
- Office Spaces
- Plentiful Parking
- Traffic count in excess of 16,000 cars daily



SALE - RETAIL

135 W. Ridge Rd, KODAK Area

- Highly trafficked W Ridge Road
- Exceptional visibility and exposure
- Traffic counts exceeding 20,000+ vehicles per day
- Flexible zoning
- Strong frontage, easy access, and excellent signage potential



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KW COMMERCIAL SPECIALTIES



INDUSTRIAL PROPERTIES

Industrial real estate customers rely on our associates for consultation on site selection as well as all the other factors necessary when deciding on an industrial location. Industrial owners can rely on KW COMMERCIAL's network of associates to assist in the marketing of their property and ensure the property is sold for the best possible price and as quickly as possible.



HOSPITALITY PROPERTIES

Our KW Commercial Division has created connections between buyers and sellers in the hospitality industry throughout the country and emerging market with our world-wide connections.



MULTI-FAMILY PROPERTIES

Whether you are selling a single asset or a national portfolio, our associates provide you with unparalleled market information and will achieve the highest level of results. If expanding your portfolio is the objective, our local experts can help you identify and acquire properties which meet or exceed your investment goals.



OFFICE PROPERTIES

Tenant representation demands knowledge of the local market conditions as well as a keen set of negotiations skills. Commercial landlords can rely on our associates to have the local market knowledge and existing tenant base to successfully lease office projects at the highest rental structure possible.



GOVERNMENT SERVICES

The Government Services Division specializes in the sales, leasing and disposal of Government owned assets as well as working to full fill Request for Proposals, and landbank transactions as well as wind and solar projects. Our local representative, combined with national product specialists ensure each transaction is handled with the utmost efficiency thus allowing for greater success.



BUSINESS BROKERAGE

Selling a business without real estate is not within our licensing. However, we have a unique relationship that allows for this type of sale while you still get compensated. Ask a KWC Member for details.



INVESTMENT PROPERTIES

KW Commercial's Investment Properties associates keep abreast of the latest trends and fluctuations in the market to maximize a client's investment. Our vast network of international, private and institutional investors allows us to match our clients with the right investment opportunity, and maximize return on the investment.



LAND BROKERAGE

We specialize in land brokerage and assemblage while understanding the complex factors that influence the land brokerage such as zoning and regulatory issues, demographic and traffic patterns, and overall political and economic trends that have an effect on these transactions.



RETAIL PROPERTIES

For our retail user and developer clients, the advantages of partnering with a KW Commercial Retail Properties associate are significant. Whether leasing a retail strip center or finding a new facility for a restaurant customer; location, speed to market and economic performance are as important to us as they are to our clients.