

1056 E. TRINITY LANE, SUITE 104B | NASHVILLE, TN 37216

**STRIDE**

COMMERCIAL

- ▷ 2,150 SF — Recently Renovated Whitebox
- ▷ East Nashville | E. Trinity Lane at Gallatin Ave
- ▷ 14' Ceilings | Patio Access | Endcap Position

# 1056 E. Trinity Lane

RETAIL FOR LEASE // EAST NASHVILLE // NASHVILLE, TN 37216

# Building Snapshot

1056 E. TRINITY LANE, SUITE 104B | NASHVILLE, TN 37216

<b>Total Building SF</b>	: 14,800 SF
<b>Available SF</b>	: 104B — 2,150 SF Endcap
<b>Availability</b>	: Available Now
<b>Parking</b>	: Shared on-site parking
<b>Year Built / Renovated</b>	: Renovated 2026
<b>Zoning</b>	: MUL — UZO overlay
<b>Ceiling Height</b>	: 14 ft
<b>Loading</b>	: 1 roll-up glass door from patio
<b>Signage</b>	: Contact Broker
<b>Condition</b>	: Recently renovated whitebox — previously fitness user



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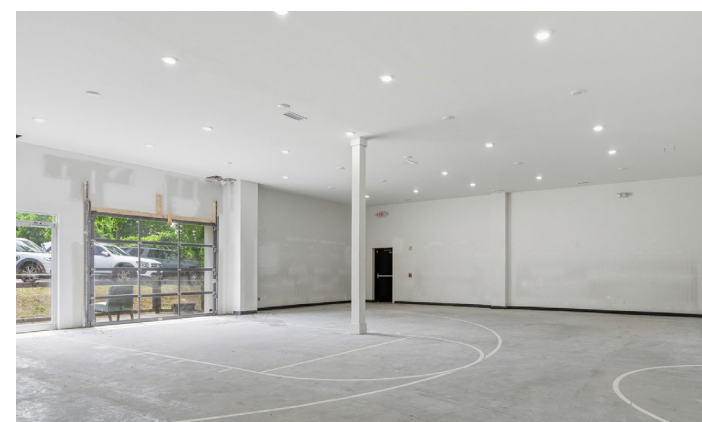
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# Executive Summary

## OPPORTUNITY

1056 E. Trinity Lane is a 2,150 SF recently renovated whitebox endcap space available now on the thriving E. Trinity Lane corridor near Gallatin Avenue in East Nashville. The space delivers with 14-foot ceilings, a glass roll-up door opening to a patio, and an open floor plan previously built out for a fitness operator — making it an exceptional canvas for boutique fitness, retail, creative office, or experiential concepts. The space provides accessible entry-point economics in one of Nashville's most active neighborhood retail corridors, with shared on-site parking and a strong co-tenancy of local operators in the surrounding multi-tenant building.



## HIGHLIGHTS

- 2,150 SF recently renovated whitebox endcap — open plan, 14' ceilings, available now
- Glass roll-up door opening to patio — unique indoor/outdoor activation capability
- Endcap position along E. Trinity Lane near Gallatin Ave — strong visibility and street presence
- Accessible entry-point economics in a high-demand East Nashville submarket
- Flexible lease structure — accommodating to local and growing operators
- MUL zoning with UZO overlay — broad uses permitted: retail, F&B, fitness, office, and more
- Previously built out for fitness — ideal reuse for boutique fitness, wellness, or active retail
- Strong co-tenancy in a 14,800 SF multi-tenant building near the Gallatin Ave corridor

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# About the Space

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## AVAILABLE SPACE

- 1056 E. Trinity Lane, Suite 104B — Endcap
- **Size:** 2,150 SF — open floor plan  
Main level — ground floor
- **Condition:** Recently renovated whitebox condition (2026)
- Previously fitness operator buildout
- **Availability:** Available Now

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## SPACE FEATURES

- **Ceiling height:** 14 ft — ideal for active retail, fitness, or experiential uses
- Glass roll-up door opening to patio — indoor/outdoor activation
- Endcap position — maximum E. Trinity Lane frontage and visibility
- Shared on-site parking
- **Building & utilities:** Contact broker for specifications

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## POSITIONING

- Endcap suite with maximum E. Trinity Lane visibility
- Open whitebox — minimal buildout required
- Indoor/outdoor activation via patio roll-up door
- MUL/UZO zoning — broad use flexibility
- Available now — no delivery delay



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# Floor Plan

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2,150 SF | RETAIL FOR LEASE



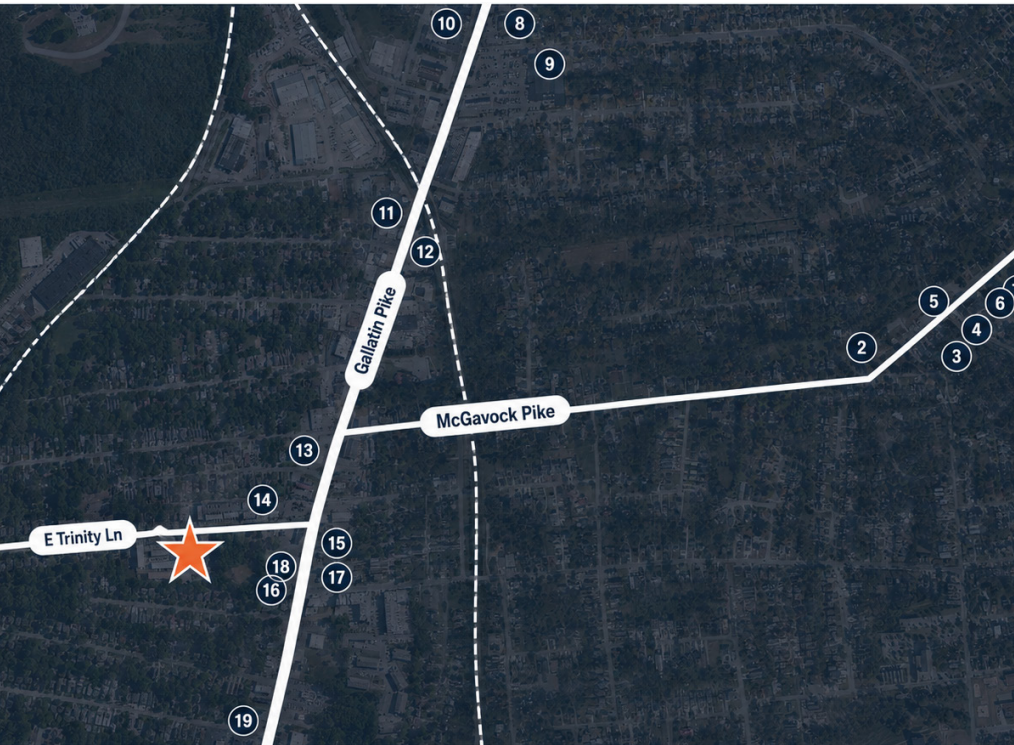
E. Trinity Lane

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# Location & Access



## ★ 1056 E TRINITY LN, SUITE 104B

2. Sabell's
3. Mitchell Delicatessen
4. Village Pub and Beer Garden
5. Ladybird Taco
6. Dose
7. Bite a Bit Thai Sushi
8. Walgreens
9. Kroger

10. Dollar Tree
11. El Jaliciense Mexican
12. The Underdog
13. Wendy's
14. Hola Yoga
15. Cook Out
16. The Fox Bar & Cocktail Club
17. Taco Bell
18. Elegy Coffee
19. Smoothie King

## DRIVE TIMES & ACCESS

Gallatin Ave Corridor	<0.5 miles
Five Points (East Nashville)	~1.5 miles / ~5 min
I-65 Access (via Trinity Ln + Dickerson Pike)	~2 miles / ~5 min
I-24 Access (via Ellington Pkwy)	~3.5 miles / ~8 min
Downtown Nashville	~4 miles / ~10 min
Germantown	~3 miles / ~8 min
BNA Nashville Int'l Airport	~8 miles / ~15 min via I-40
Briley Pkwy (SR-155)	~2 miles / ~5 min

## SUBMARKET CONTEXT

- Endcap position on E. Trinity Lane near Gallatin Ave — one of East Nashville's most active retail corridors
- Gallatin Ave corridor <0.5 miles — immediate access to East Nashville dining, retail, and foot traffic hub
- MUL zoning with UZO overlay — maximum flexibility for incoming uses
- ZIP 37216 is one of East Nashville's fastest-growing neighborhoods — strong residential density surrounding the site
- Shared on-site parking + E. Trinity Lane street presence

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# Amenities & Neighborhood

## ABOUT EAST NASHVILLE — E. TRINITY LANE / GALLATIN CORRIDOR

E. Trinity Lane sits at the northern edge of East Nashville's Gallatin Ave corridor — a stretch of independent restaurants, coffee shops, breweries, fitness studios, and boutique retailers that has made East Nashville one of Nashville's most sought-after neighborhood retail markets. The area draws a dense, walkable customer base of young professionals and long-term residents who actively patronize neighborhood businesses. Near the intersection with Gallatin Ave, the corridor sees consistent daily traffic from both residents and destination visitors exploring East Nashville's dining and retail scene.



## NEARBY AMENITIES

- Gallatin Ave corridor — restaurants, coffee, breweries, boutique retail (<0.5 mi)
- Barista Parlor East — specialty coffee flagship (~1.0 mi south on Gallatin Ave)
- East Nashville Beer Works — craft brewery on E. Trinity Lane (~0.7 mi west)
- The Pharmacy Burger Parlor & Beer Garden — neighborhood burger destination (~1.2 mi south)
- The Sutler Saloon — live music and cocktails (~0.8 mi on Gallatin Ave)
- Shelby Park & Shelby Bottoms Greenway — outdoor recreation (~1 mi SE)
- Five Points intersection — East Nashville's most active commercial hub (~1.5 mi SW)
- Ugly Mugs Coffee — neighborhood coffee staple (~1.5 mi near Five Points)

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# Traffic & Demographics

## TRAFFIC COUNTS

- **Gallatin Pike:**  
22,743 ADT  
(TDOT, 2018)
- **E. Trinity Lane:**  
17,827 ADT  
(TDOT, 2025)
- **Cahal Ave:**  
8,102 ADT  
(TDOT, 2024)

Source:  
TDOT AADT, station within 0.5 mi  
of property

## POPULATION (2025)

**12,389**

1-MILE

**77,951**

3-MILE

**199,142**

5-MILE

## MEDIAN AGE

**35.9**

**36.1**

**35.8**

## MEDIAN HOUSEHOLD INCOME

**\$99,784**

**\$84,657**

**\$74,929**

Source: Sites USA, 2025 estimates. Rings centered on 1056 E. Trinity Lane.

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## CONTACT US

CAMERON BICE | LANIER WAGSTER | MATT COOPER, CCIM

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[STRIDECRE.COM](https://www.stridecre.com)

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