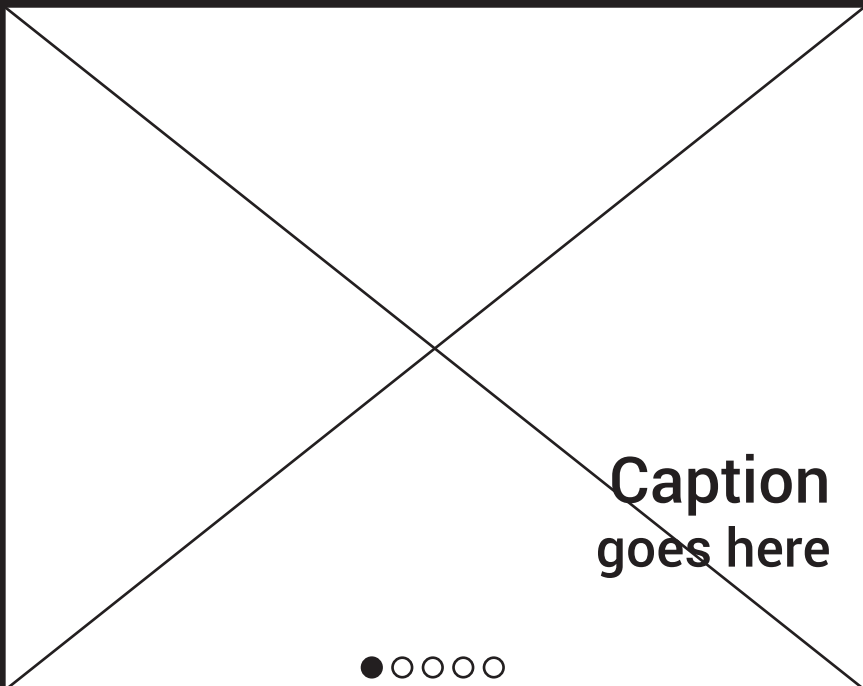




Home

DES MOINES
SOCIAL CLUB



What are you looking for?





Home

DES MOINES
SOCIAL CLUB

Caption
goes here



What are you looking for?

Home

Today

Calendar

Categories





Calendar



< **SEPTEMBER** >

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1 2 3 4 5 6

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14 15 16 17 18 19 20

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28 29 30





Today



< SEPTEMBER 5 >

Lunch Hour Yoga

12:00-12:45 pm

DANCE/MOVEMENT

**Prototype Presents Quiz Show**

6:00-10:00 pm

THEATER

**Stand Up to Cancer Viewing...**

6:00-8:00 pm

FILM

**DRIVE Opening Reception**

7:00-10:00 pm

VISUAL ART

**Soul Searchers Album...**

7:00-10:00 pm

MUSIC

**3XWrestling**



Categories



ALL EVENTS



CIRCUS



CULINARY



DANCE/MOVEMENT



EDUCATION



FILM



KIDS



LITERARY



MUSIC



THEATER



VISUAL ARTS





Suggested



Kids' Aerial

9:30-10:30 am

SEPTEMBER 5, 2014



Tiny Crow Yoga

10:00-10:45 am

SEPTEMBER 5, 2014



All Aerial

12:00-12:45 pm

SEPTEMBER 5, 2014



Soul Searchers Album...

7:00-10:00 pm

SEPTEMBER 5, 2014



Dance Essentials

2:00-3:00 pm

SEPTEMBER 5, 2014



Sunday Circus Jam

2:00-3:00 pm

SEPTEMBER 5, 2014



Stand In to Cancer Viewing



1.2

12:00



Menu



Home

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Suggested

Favorites





Category



DANCE/MOVEMENT

Kids' Aerial

9:30-10:30 am

SEPTEMBER 5, 2014



Tiny Crow Yoga

10:00-10:45 am

SEPTEMBER 5, 2014



All Aerial

12:00-12:45 pm

SEPTEMBER 5 2014



Lunch Hour Yoga

12:00-12:45 pm

SEPTEMBER 5, 2014



Dance Essentials

2:00-3:00 pm

SEPTEMBER 5, 2014



Sunday Circus Jam





Event



Lunch Hour Yoga

September 5, 2014

12:00-12:45 pm

Price: \$10 drop-in, 5 for \$45, or 10 for \$80

Location: Classrooms

Students Should Bring: Yoga Mats (a limited number of house mats are available to borrow)

Registration: Drop in at door only. 5 and 10 class packs available in person at DMSC or online [HERE](#).

Description: Join us on your lunch hour for a rejuvenating 45 minute yoga session. Geared toward all levels, this class is intended to wake up your senses and energize you for the afternoon.

Instructors: Nakisha Phillips, Mary Lasky





Favorites



DRIVE Opening Reception

7:00-10:00 pm

SEPTEMBER 5, 2014



Comics 101

7:00-8:30 pm

SEPTEMBER 5, 2014



Wool and the Gang Workshop

1:00-4:00 pm

SEPTEMBER 5, 2014



Portotype Presents Quiz Show

6:00-10:00 pm

SEPTEMBER 5, 2014



3XWrestling

6:45 pm

SEPTEMBER 5, 2014



Acting I and II

6:45 pm

SEPTEMBER 5, 2014



Sundav Circus Jam

