

Table S1 Exercise Session Example.

Activity	Example Exercises	Time
Warm Up	<ul style="list-style-type: none"> • Aerobic full body movements • Dynamic stretching 	<ul style="list-style-type: none"> • 5 minutes
Circuit 1: Aerobic Exercise	<ul style="list-style-type: none"> • Marching • Shuffle • Hamstring Curl • Jumping/step Jacks 	<ul style="list-style-type: none"> • 45 seconds per exercise • 15 seconds rest between exercises • Repeat 3 times
Circuit 2: Upper Body Resistance Exercise	<ul style="list-style-type: none"> • Bicep Curls • Upright Banded Rows 	<ul style="list-style-type: none"> • 1 minute per exercise • 15 seconds rest between exercises • Repeat 3 times
Circuit 3: Lower Body Resistance Exercise	<ul style="list-style-type: none"> • Calf Raises • Lateral Band Walk 	<ul style="list-style-type: none"> • 45 seconds per exercise • 15 seconds rest between exercises • Repeat 3 times
Circuit 4: Aerobic Exercise	<ul style="list-style-type: none"> • Marching • Shuffle • Hamstring Curl • Jumping/step Jacks 	<ul style="list-style-type: none"> • 1 minute per exercise • 15 seconds rest between exercises • Repeat 3 times
Cool Down	<ul style="list-style-type: none"> • Balance • Core strengthening • Static stretching 	<ul style="list-style-type: none"> • 5-minutes

Table S2 Discussion session Topics and Activities.

	Behavior Change Techniques ^a	Discussion Topics/Strategies
Session 1 (Week 1)	<ul style="list-style-type: none"> - Goal setting (behavior) - Social Support - Action Planning - Self-Monitoring of behavior - Generalization of target behavior 	<ul style="list-style-type: none"> - Introductions and motivation for joining exercise program. - Group identity (create “Team” name). - Identify short (i.e., during intervention) and long-term PA goals. - Specify the frequency, duration, intensity, type and location/context of PA to reach goals. - Instructions on how to track activity and provide written logs for activity tracking
Session 2 (Week 4)	<ul style="list-style-type: none"> - Credible source - Instruction on how to perform behavior 	<ul style="list-style-type: none"> - Information about aerobic and resistance exercise, and appropriate Frequency, Intensity, Time and Type.
Session 3 (Week 7)	<ul style="list-style-type: none"> - Credible source - Social support 	<ul style="list-style-type: none"> - Information about the benefits of exercise for colorectal cancer survivors, with references to peer-reviewed literature - Group identity (custom apparel with Team name)
Session 4 (Week 9)	<ul style="list-style-type: none"> - Problem Solving 	<ul style="list-style-type: none"> - Identify barriers to exercise. - Identify and discuss strategies for overcoming barriers. - Discuss additional strategies for independent exercise
Session 5 (Week 12)	<ul style="list-style-type: none"> - Review Behavior Goals - Feedback on behavior - Generalization of target behavior - Social support 	<ul style="list-style-type: none"> - Review PA goals with instructor, update/revise. - Community resources for exercise - Ideas for maintaining social connections (e.g., Facebook, signing up for a virtual event together, other ways to stay in touch with group members).

^a Behavior Change Technique(s) derived from Michie S, Richardson M, Johnston M, Abraham C, Francis J, Hardeman W, Eccles MP, Cane J, Wood CE. The behavior change technique taxonomy (v1) of 93 hierarchically clustered techniques: building an international consensus for the reporting of behavior change interventions. *Ann Behav Med.* 2013 Aug;46(1):81-95.

Table S3a Acceptability based on quantitative responses to post-intervention survey (*N* = 12).

Likert Scale Responses ^a	Median (IQR)
Did you enjoy participating?	7 (7, 7)
Do you feel physically stronger?	7 (6.25, 7)
Do you feel you can better perform your daily activities?	6 (5, 7)
Did you look forward to your exercise sessions?	7 (6, 7)
Did the staff and group environment provide you with a sense of community and support that you found beneficial?	7 (7, 7)
Would you recommend this intervention to a fellow cancer patient/survivor?	7 (7, 7)
Did you find the discussion session(s) useful?	7 (6, 7)
After completing the program, do you feel confident that you have the knowledge and skills to exercise safely and effectively on your own?	7 (6.25, 7)

^a Likert Scale of 1 (Definitely no) to 7 (Definitely yes).

Table S3b Acceptability based on open-ended responses to post-intervention survey (*N* = 12).

Open Ended Question	Responses
What topics covered during discussion sessions did you find most beneficial?	<ul style="list-style-type: none"> - Resources available, techniques to keep up program - Differences between exercise and physical activity, how to measure exertion - Discussions with other survivors - Goal setting - Heart rate - Identifying exercise barriers, and solutions to overcoming them. - Keep the exercise going - Options for workouts within my community - Our instructors had suggestions of alternative types of activities - Resources suggested and provided. - The barriers topic, also the resources.
What were the highlights of your participation?	<ul style="list-style-type: none"> - What to do and where to go for info and exercise after the study is done. - varying exercise routines - Everyone was extremely friendly and knowledgeable and helpful - Exercising as a group - Feel stronger, more like my pre-diagnosis self. - I enjoyed that the exercises changed often, and that I learned new ones. - Learning about what my body can do with this illness. - Learning new exercises that helped me.

- My team! The workouts were great but the workouts plus the fellowship was amazing.
- Our instructors gradually increased difficulty of sessions to build upon our improving fitness and strength.
- The actual exercising; learning new exercises
- The encouragement, friendliness and understanding of the instructors. Very much enjoyed the conversations, they seemed genuinely caring! Also, making a new friend to stay in contact with that understands what I've been through and am going through to encourage each other to continue on. So happy to have been apart of this and I hope it helps people!

The exercise routines were certainly beneficial. I also appreciated the gentle persuasion to consider tough questions and come up with good answers.

Do you have any additional comments or concerns?

- Additionally, I appreciated the concern for our physical well-being: how were we feeling, were we experiencing any pain, etc. It's good to know that additional information and resources are available, too.
 - [Instructors] were very nice, personable and helpful, easy to talk to. I feel the program is well planned out. I appreciate the fact that we can contact them after completing the program for questions or help with resources.
 - [Instructors] are amazing
 - leadership and encouragement were great.
 - Our instructors provided plenty of encouragement and resources
 - Really appreciate having this opportunity
 - Thank you! You all have very much inspired me!
 - The accountability of participating in the study was very helpful to me.
 - The experience was well worth doing. Big thanks to everyone.
 - Very supportive team
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