**Supplemental Content 4**. Quantitative responses to post-program survey (*n*=53)

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| Satisfaction with programa | **Median (IQR)** |
| Did you enjoy participating? | 7 (7, 7) |
| Do you feel physically stronger? | 7 (6, 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 program 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, 7) |
| Regarding the delivery of the program using Zoom videoconference technologyb |  |
| The ease of using Zoom | 5 (4, 5) |
| Your personal comfort with using Zoom | 5 (4, 5) |
| The visual quality of exercise and discussion session | 5 (4, 5) |
| The sound quality of exercise and discussion session | 5 (4, 5) |

IQR, interquartile range.

a Responses were on a Likert scale from 1 (definitely no) to 7 (definitely yes).

b Responses were on a Likert scale from 1 (not at all satisfied) to 5 (completely satisfied).