

**Table S1** : Items on *Participant Perception Questionnaires*

Questionnaire 1

- 1 The instructor welcomes each participant.
- 2 The instructor dresses appropriately.
- 3 The exercise sessions are motivating and pleasant.
- 4 My instructor knows me by name.
- 5 I feel pressure due to my physical appearance. \*
- 6 I know my instructor's name.
- 7 The exercise sessions are well organized.
- 8 The instructor's physical appearance reflects that of an active person.
- 9 The instructor encourages us to integrate physical activity and healthy eating into our lives.
- 10 The instructor complains about his or her private life. \*
- 11 During the exercise session, the instructor proposes alternatives.
- 12 The instructor understands my challenges and realities.
- 13 I like the ambience of the group
- 14 The instructor gives easy-to-follow directions.
- 15 My instructor is an inspiration to me.
- 16 I like being with the people who participate in this course.
- 17 Members of our group take time to socialize together before and after the course.

Questionnaire 2

- 1 I trust my instructor.
- 2 The instructor complains about his or her work, the management, or the company. \*
- 3 My instructor is attentive to each participant.
- 4 The instructor guides me throughout the class.
- 5 The instructor recognizes me.
- 6 I feel isolated in the group.
- 7 The instructor shows an interest in me.
- 8 The exercise sessions start and finish on time.
- 9 The exercise sessions are stimulating.
- 10 The instructor watches my movements and corrects me when necessary.
- 11 The instructor knows my health conditions.
- 12 The instructor is very supportive.
- 13 During the exercise sessions, the instructor emphasizes physical appearance. \*
- 14 I understand the instructor when he or she speaks.
- 15 The instructor gives a lot of information.
- 16 This type of activity helps me to improve my physical condition.
- 17 Members of our group sometimes socialize together outside of class time.

Questionnaire 3

- 1 My instructor is passionate.
- 2 I feel integrated into the group.
- 3 The instructor listens well and shows empathy.

- 4 The instructor enjoys giving the course.
- 5 I am happy with the intensity of the course.
- 6 The instructor respects each participant's limits.
- 7 The content of the sessions is well adapted to my level.
- 8 The exercises are too difficult for me. \*
- 9 I feel comfortable with this type of exercise.
- 10 The instructor is well prepared for each session.
- 11 I like exercising with a group.
- 12 I reach my objectives with this instructor.
- 13 The use of our time is maximized at each exercise session.
- 14 I feel safe and secure with this instructor.
- 15 If this program were to end, I would miss my contact with the other participants.
- 16 Our group is united in its beliefs about the benefits of the exercise in this course.
- 17 The instructor listens to me.

**\*Reverse-coded**

**Table S2** : Items on *Non-Participation Questionnaires*

- 1 Exercise takes too much of my time.
- 2 I haven't reached my goals with this instructor.
- 3 Exercise wears me out.
- 4 The places to do exercise are too far away.
- 5 My instructor doesn't understand my challenges and realities.
- 6 It's too expensive to do exercise.
- 7 The schedule doesn't fit my availability.
- 8 The instructor doesn't recognize me.
- 9 I feel isolated in the group.
- 10 The instructor shows no interest in me.
- 11 The exercise sessions don't start and finish on time.
- 12 The exercise sessions are boring.
- 13 The instructor dresses inappropriately.
- 14 I don't have the right type of clothes for this activity.
- 15 My family doesn't encourage me to exercise.
- 16 Physical activity interferes with my family responsibilities.
- 17 The instructor doesn't listen to me.
- 18 During the exercise sessions, the instructor emphasizes physical appearance.
- 19 I don't feel integrated into the group.
- 20 I was injured.
- 21 There are few places where I can exercise.
- 22 I don't feel comfortable with this type of exercise
- 23 My skills aren't good enough for this group.
- 24 Once I stopped coming, it was too difficult to return.
- 25 The people with whom I usually exercised stopped coming.
- 26 The instructor's physical appearance doesn't reflect that of an active person.
- 27 I have a health problem that prevents me from participating in this activity.
- 28 This type of activity is intimidating for me.
- 29 The instructor complains about his or her private life, work, or the organization.
- 30 Are there other reasons that you didn't participate in this activity?