I personally would not create a separate class to perform the transformation. Basically what you are trying to do is this:
(1) Read a record from tableA with one structure
(2) Add a record to tableB with a different structure

You can either put the transformation code between these two steps, or in the _cm_pre_insertRecord method of table tableB. I personally have used both of these methods, and as they both work it is just a matter of personal preference.